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 Food, Page 1C

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VOLUME 20, NUMBER 18

WEDNESDAY, MARCH 6, 1996

FIFTY CENTS

GC Steel faces EPA complaint

Pollution violations alleged

 By Bob Slate
 Staff writer

The U.S. Environmental Protection Agency has filed an administrative complaint against National Steel for alleged air pollution violations at the company's coke plant and coke by-product recovery plant in Granite City.

The complaint alleges federal and state air pollution regulation violations on 83 days between Jan. 1, 1992, and Jan. 1, 1996, according to William Omohundro, an administrator for EPA Region 5 in Chicago.

The complaint proposes a penalty of \$125,054.

Omohundro said Granite City Steel violated federal and state air pollution regulations and a federally-enforceable construction permit by exceeding emissions limits, failing to implement repair requirements in a timely manner and failing to keep adequate records.

In addition to coke-oven gas, pollutants cited in the complaint included benzene and particulates such as fly ash, dust and smoke.

Omohundro said, "Bob Maxwell, manager for public relations at Granite City Steel, said Monday that he was unaware of the specifics of the complaint and that company personnel were evaluating the matter."

"It may be related to a problem that we resolved a couple of years ago," Maxwell said.

"We're really not sure and Larry (Siebenberger, manager for environmental technologies) won't be back until Wednesday."

Maxwell said the incident a couple of years ago involved a problem that

"It may be related to a problem that we resolved a couple of years ago. We're really not sure and Larry (Siebenberger, manager for environmental technologies) won't be back until Wednesday."

— Bob Maxwell
 Company spokesman

required repairs.

"It was almost like a single-incident thing, but it might have lasted more than a day or a few days before we could get it repaired," Maxwell said.

Granite City Steel has until Monday to answer the complaint and request a formal hearing. The company may ask for an informal conference at any time.

Coke-oven gas and benzene are toxic air pollutants.

Short-term exposure to high concentrations of benzene can cause drowsiness, dizziness, rapid heart rate, headaches and other physical problems, including death.

Long-term exposure to lower levels of benzene can be harmful to the immune system and cause leukemia, officials said.

Particulate matter pollution has been shown to cause and contribute to respiratory problems.



(Staff photo by JOHN FRESE)

Vic Welch of Freeburg takes a measurement on a reinforcing rod in the wall of a set of public bathroom buildings under construction along the shore of Horseshoe Lake.

\$2.25 million project under way

Horseshoe Lake boosted

 By Scott Cousins
 Staff writer

By this time next year, officials with the Illinois Department of Natural Resources are hoping to see a "tremendous" increase in attendance at Horseshoe Lake State Park because of improvements now under way.

The state is beginning the last phase of a \$2.25 million capital improvement project that includes picnic and playground equipment, and a new road to connect the

eastern and northern portions of the park.

The improvements also include a new building, restrooms, a boat ramp and parking lot, and a new water supply.

Randy Mitchell, an architect with the IDNR, said the road project, with an estimated cost of about \$1 million, is expected to go to bid in May, with construction to begin in July or August.

As part of the project, the IDNR will eliminate the Horseshoe Lake Road entrance to

the north shore, leaving the main entrance on Illinois 111.

The Pontoon Beach Village Board recently reached an agreement with the IDNR on closing the entrance.

"The benefits of this realignment will be the added security of controlling the access and egress from the park," Mitchell said. "The new alignment will create a scenic drive along the east and north shoreline of the lake."

(See LAKE, Page 6A)



(Photo by MARK BONEBRAKE)

New family — Katie Merrell, 4 1/2, of Honduras, is one of a number of children adopted by local families through efforts of Lebanon-based Lifelink. See story on Page 3A.

Fire hits apartment building

 By Scott Cousins
 Staff writer

John Thomas of Pontoon Beach was in bed and his wife and children were watching television Sunday night when an explosion ripped through their apartment building.

The explosion and fire — believed to have been caused by a faulty furnace — heavily damaged the four-family apartment at 4156 Illinois 162.

All 12 residents escaped without injury, and one firefighter was treated for smoke inhalation, said Long Lake Fire Chief Dan Kreher.

On Monday morning, Thomas and his uncle, Gary Bazzell of Granite City, were looking through the wreckage trying to salvage what they could. They loaded items onto a truck — bicycles, scotch children's video cassettes and a few other things.

"The bikes were outside, and everything else was either smoked or watered," Thomas said. "There isn't much left of it, and the upstairs apartments got it worse."

The explosion occurred at about 11 p.m. Kreher said the flames apparently traveled through the furnace duct work and immediately engulfed the building.

"Evidently there have been some furnace problems and they had been working on it (earlier that weekend)," he said.

Kreher estimated damage at



(Staff photo by JOHN FRESE)

The exterior of an apartment building at 4156 Illinois 162 shows the damage sustained by an explosion and fire.

between \$40,000 and \$50,000.

Thomas said he was in bed asleep when the explosion occurred.

"My wife and kids were watching television," Thomas said. "I heard the explosion and woke up. I heard them holler my name, and I jumped up and threw my pants on."

As he was escaping, Thomas said he saw the flames and grabbed a fire extinguisher to put them out.

"They (his family) were outside already and hollered that there was fire outside, so I threw the fire extinguisher down and left," he added.

Thomas also said there had

been some problems with the furnace.

"It had been had been messing up for a couple of days," he said.

Firefighters from Long Lake, Mitchell, and Glen Carbon were at the scene until about 4 a.m. Monday morning.

In the Journal

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5 FULLER'S FORECAST

John Fuller, Chief Meteorologist, KSNL-TV Channel 5

WED. MAR 6	THURS. MAR 7	FRI. MAR 8	SAT. MAR 9
HIGH 61 LOW 35	HIGH 63 LOW 37	HIGH 61 LOW 35	HIGH 62 LOW 36
RECORD HIGH & LOW	RECORD HIGH & LOW	RECORD HIGH & LOW	RECORD HIGH & LOW
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*Costello on hand***DARE dance crowd tops 290**

By Bob Slate
Staff writer

A 17-year-old Granite City High School student recently complained to the *Granite City Journal* that kids in the area have no organized activities in which to participate, prompting them to seek entertainment in recreational drug and alcohol abuse.

But a dance held Friday night at the Brown Recreation Center in Granite City pretty much shot holes in the teen's argument.

More than 290 students attended the dance, sponsored by the Granite City Drug Abuse Resistance Education Committee.

"This is great," said U.S. Rep. Jerry Costello, who stopped by the dance. "This kind of activity gives kids a positive alternative to hanging out on the streets."

Sandy Crites, chairman of the DARE Dance Committee, said the dances began three years ago when dances were held throughout the summer at the Wilson Park Ice Rink, with an average attendance of between 80 and 100 youths.

"This year the program was expanded with dances held monthly throughout the fall and winter. Each month, attendance has increased to an all-time record (Friday) of 291 registered guests."

— **Sandy Crites**
Dance chairman

Popmarkoff, parents and Granite City auxiliary police officers volunteer their time to serve as chaperons. Students are required to sign in and out at the door and are not allowed to leave before the conclusion of the dance unless their parents sign them out.

Crites said the DARE dances — and the program itself — show the positive things that can be accomplished through intergovernmental cooperation.

"A great deal of community involvement helps make these dances possible with cooperative effort by the park district (providing the facility), city administration (providing policemen) and the Granite City Elks (providing refreshments for the dances)," Crites said.

Funding for the DARE program comes from a number of public sources and private donations, including federal grants and funds from the Granite City School District.

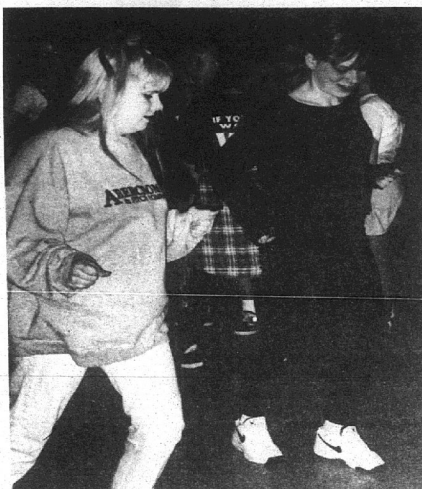
"I can assure you funding for DARE will continue as long as I have anything to say about it," Costello said.

Future DARE dances are planned for April 19 and May 17 at the Brown Recreation Center and June 1, July 5 and Aug. 2 at the Wilson Park swimming pool.

(Staff photos by BOB SLATE)



Some of the attendees at Friday's DARE dance try a variation on the traditional circle dance.



At left, sisters Torrie and Carrie Overturf try out a new step. Above, U.S. Rep. Jerry Costello reads the number from an attendance prize-winning ticket.

State prison population down

For the first time in several years, the adult prison population in Illinois declined slightly at the end of last year, Illinois Department of Corrections officials said last week.

Corrections Director Odie Washington told the House Appropriations Public Safety Committee that the inmate population was at 37,889 as of Dec. 31, down from 37,717 six months earlier.

Washington credited the court-ordered early release of about 500 inmates, as well as a reduction in felons being sent from Cook County.

Those inmates released earlier were convicted of Class X felonies, serious sex crimes and murder. A federal judge ruled they had to be given extra "good time" credits off their sentences for participating in education, drug treatment and vocational programs, as other inmates had, even though they were excluded in the state law.

Washington also told the lawmakers the department has revised its projection for the end of the fiscal year, June 30, to 39,352 inmates instead of the previous projection of 41,726.

In the previous three years, the inmate population had grown by more than 2,000 per year.

"We have seen a slowdown in the crowding, but we anticipate

those numbers will go up," Washington said, arguing that there is still a need for more prison facilities.

Prisons now being used were originally designed to hold about 23,800 inmates, he noted.

Illinois has had the most crowded prison system in the nation the last two years, according to national studies.

Washington also argued there will continue to be a need for more beds when the truth-in-sentencing law passed last year begins to take effect. It requires murderers and those convicted of certain other serious crimes to serve at least 85 percent of their sentences.

Some Democrats on the committee cited the slowdown in prison population growth as justifying their refusal to approve bonds last year for building new prisons sought by Gov. Jim Edgar.

Edgar subsequently bypassed lawmakers and is using a lease-purchase plan involving the sale of "certifications of participation" to finance new prisons.

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— By Phil —

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Transit district seeks federal airport funds

By Scott Cousins
Staff writer

The Madison County Transit District Board has approved submission of an application for federal assistance for the purchase of the St. Louis Metro-East Airport in St. Jacob.

Transit District Director Jerry Kane said the application was a formality necessary if the district wants to obtain matching funds for improvements at the airport.

He also said two appraisals of Nichols Field, purchased by the district in October for \$455,000, showed the district paid slightly less than the property was worth.

"I think the district indeed got a fair price," Kane said.

He said two independent appraisers put the value of the property at \$493,000.

The district will probably pay an additional \$38,000 because federal and state requirements for matching funds for either the purchase or improvement of the airport require the district to pay the former owner the difference between the actual price and the appraised value.

Matching funds through the Federal Aviation Administration and the Illinois Department of Transportation Division of Aeronautics could pay for up to 95 percent of the cost of

purchasing and improving both airports.

In other action at its monthly meeting Thursday, the board authorized asking Granite City to vacate an alley near the Granite Transfer Center. The alley adjoins the old Woolworth building, recently purchased by the district for a park-and-ride lot.

"Essentially the city wants to give us this alley if we ask for it," District Attorney Bill Beatty said.

Kane said the other property owner involved, Magna Bank, has agreed to allow the district to take over its section of the alley.

Kane also said bids on the completion of the Vadalabene Trail would be let by IDOT in April.

The nine-mile section of trail will extend from Esic Drive in Edwardsville and follow abandoned railroad right-of-way to Lake Drive in Pontoon Beach.

The estimated cost of the trail is approximately \$1.5 million, which will be paid by three separate grants, including two from the Illinois Department of Natural Resources.

"Construction should begin this summer," he said.

Eventually, district officials hope to connect the trail to the Confluence Trail, which will extend from the new Clark Bridge at Alton to the Eads Bridge in East St. Louis.



Cops for kids — The Granite City Police Department recently participated in the sixth annual Cops for Kids event, sponsored by Big Brothers-Big Sisters of Southwestern Illinois. Department employees and friends joined those from other law enforcement agencies in a bowling event to raise funds for Big Brothers-Big Sisters. The money will be used to recruit, screen and train new volunteers to work with children waiting for a Big Brother or a Big Sister. The bowlers pictured, led by captains Mike Murgic, Darin Clements, Nancy Miller and Patty Prazma, raised more than \$1,200. Pictured are from left, front row, Michelle French, Nancy Miller, Prazma, Danny Cochran and Carle Clements; middle row: Tammy Miller, Aaron Flynn, Sherry Murgic, Cindy Cochran and Gina Takmajian; back row: Phil Potter, Mike Miller, Mike Murgic, Tom Paul and Darin Clements.

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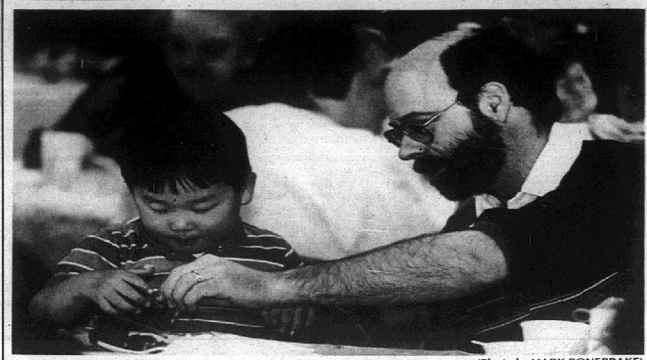
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Alex Schreiber, 3, of Korea is helped by his adopted dad, Andy Schreiber, of St. Jacob.

Lifelink links parents, children Agency aids adoptions

By Alene Hill
Correspondent

Seven years ago, Jim and Bev Voelkel of Belleville were considering adoption services when they contacted the regional office of Lifelink-Bensenville Home Services.

"They were so helpful and had all kinds of information for us. We attended a get-together sponsored by Lifelink and listened to a missionary from the Philippines give a slide presentation ... and that helped us with the decision to adopt from the Philippines," explained Bev Voelkel.

On Feb. 25, the Voelkel family, which now includes Nathan, 6, and Julie, 2, attended a Lifelink open house.

"They were among several families attending who have adopted, or are in the process of adopting, children from countries working with Lifelink."

Lisa and Gary Christ of Granite City are "hopefully six weeks away" from leaving for Korea to pick up what they are "99 percent sure will be a boy."

"It's the waiting process," said Gary Christ. "We decided to adopt a baby from Korea when we became the godparents for my brother's child ... There was a Korean baby from Lifelink-Bensenville baptized the same day. We thought this is where we were supposed to be."

"We're prepared, better than we would have been any other way. Now, we have to wait. We've decided on the name Joshua or Isaiah."

Lifelink recently moved its regional office from Edwardsville to St. Paul United Church of Christ in Lebanon. Rebecca Laackmann, adoption caseworker for the Lebanon office, said Lebanon was a more central location.

The nonprofit agency, home-based in Bensenville, Ill., offers a variety of child care and programs for the elderly through offices located in Illinois, Missouri and Florida.

Lifelink has been providing international services to families since 1984 through direct

"We're prepared, better than we would have been any other way. Now, we have to wait."

— Gary Christ

sources in the Philippines, Korea, and China. In addition to direct sources with those three countries, the group can also assist families adopting from Central and South America, Russia, and India.

Pat Radley, director for adoptions, said: "They all have different qualifications for adoptive parents — age, number of children already in the family, how long the parents have been married, or whether or not they can be single parents."

The process of adoption with Lifelink, explains Radley, begins with a series of interviews with the prospective parents, and includes educational training on parenting and adoption issues.

"We also educate the parents on the child's cultural heritage and link up adoptive families for support," she added.

Depending on the country and bureaucratic processing, she explained, the entire procedure can take anywhere from nine to 18 months.

Troy resident Margaret Merrell has been through the adoption process twice with Lifelink.

"My son, Michael, is from Korea. My husband died in 1989 and Korea won't allow single-parent adoptions. So I adopted Katie from Honduras," she said.

Karen and Doug Fletcher traveled to the open house from Greenville with Carley, age 3, Carley's grandmother and great-grandmother.

"I heard about this through a friend of a

(See ADOPTION, Page 6A)

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Eating disorders seminar Thursday

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Girl Scouts' food drive this month

Girl Scouts are anxiously awaiting their annual food drive. They will be quietly visiting homes in the community on Saturday, March 9, leaving a little reminder.

The troops want to remind everyone about the annual Girl Scout food drive a week later. The Girl Scouts will be leaving a bag, which they ask residents to fill with canned goods and health and hygiene items.

The bags should then be left on the front step on Saturday, March 16.

Girl Scouts will start collecting the filled bags about 9 a.m.

All of the items collected in the Granite City area will be given to Protestant Welfare for distribution. The food drive will benefit 15 pantries in the District One area of the River Bluffs Girl Scouts.

Items suggested for donation include soup, canned meats, canned vegetables, canned fruit, toothpaste, tooth brushes, shampoo, bar soap, laundry soap, dish washing detergent, cleaning products, facial tissue, toilet paper, diapers and feminine hygiene products.

The scouts ask that perishable or frozen items or items in glass containers not be donated.

Persons who wish to deliver their own bag of donations or whose bag is not picked up may take them to Protestant Welfare, 1818 Cleveland Blvd. in Granite City, between 10 a.m. and noon March 16.

The Girl Scouts ask that you help make this a successful food drive for the community.

Sierra Club lobbies against plant subsidy

An indirect state subsidy for the planned Palsky wood-energy plant in Wood River would amount to more than seven times the annual state aid to the city's schools, the Sierra Club contends.

The environmental group made the amount as part of its continued lobbying to convince Gov. Jim Edgar to sign a bill to repeal incentives for waste-burning incinerators that produce electricity.

The Sierra Club claimed a subsidy of about \$12.5 million a year for at least 20 years for the Palsky Energy Corp. plant in Wood River would dwarf the \$1.6 million in total state aid received by the Wood River-Hartford Elementary and East Alton-Wood River High School districts.

The two districts have traditionally received relatively low amounts of state aid, however, because of their relatively high property tax base.

Statewide, the utility subsidies, which are credits against the state utility tax, are about twice the amount of state support for school districts, the Sierra Club said.

"Where are our priorities? Do we really want polluting incinerators to get twice the funding of local schools?" asked Jack Darin, state field representative for the Sierra Club, Illinois Chapter.

"Unless Gov. Edgar signs legislation to end incinerator subsidies, educating kids in these communities will take a back seat to subsidizing powerful polluters," he said.

However, thousands of area residents, as well as local officials and community leaders, have sent expressions of support for continuing the subsidy to benefit the planned Wood River plant.

Edgar still has not made a decision on the legislation, which was passed by lawmakers in January. The existing law requires utilities to purchase power from the waste-burning facilities at the local retail rate.

However, it grants them a credit against the state utility tax for the difference between that rate and their own cost of producing power.

— From the Alton Telegraph

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Accident — One car ended up on its side after this two-car accident Friday at the intersection of Edwardsville and Namecki. Injured were Alice F. Schneider, 73, of the 3100 block of Ash Avenue; Goldie Knox, 89, of Pontoon Beach; Jennifer Simpson, 25, of the 4200 block of Marigold Drive; and Kaitlynn Simpson, six months, of the same address.

(Staff photo by JOHN FRESB)

Group takes drama to the road

By Mark Hodapp
Staff writer

Belleville's Jack Stokes has always liked to act.

"It's my life," said Stokes, a retired speech teacher from Belleville Area College. "It's in my blood."

Stokes, along with 14 other actors, are members of BAC's Retired and Senior Volunteer Program's Readers Theatre.

The Readers Theatre is a traveling drama team that takes its act to area schools and schools. For example, the group on Tuesday performed "Hippity Whump, A Piece of Easter Gloom" at Lincoln Nursing Home in Belleville.

A week earlier, it presented two similar shows to the first-grade students at Estelle Kampmeyer School in O'Fallon.

The group started last year under the direction of Marilyn Bowlin of O'Fallon. Bowlin, who performed in dramas while

attending BAC, said she has always loved to act.

She approached RSVP last February about the Readers Theatre because she felt the senior citizens were an untapped market. Bowlin also felt there were few acting jobs for people who are over 35.

"The (directors) always want people who are young at heart, slim and gorgeous people," she said.

The Readers Theatre has established no such guidelines.

The actors come from all walks of life, including retired teachers, nurses and a regional spelling bee champion. Nova Galvin, of Belleville, was the regional champion in the Senior Citizen Spelling Championship last year.

But the group is missing one thing: men. Bowlin said.

Stokes is currently the lone male actor. He said he'd like to see more seniors, especially men get involved in the theatre.

'Slamming' is number 1

Phone service is top consumer complaint

Long-distance phone service "slamming" has replaced home repairs and used vehicle sales as the top category of consumer complaint filed with the state Attorney General's Office.

Attorney General Jim Ryan told an Illinois House committee this week that 11 percent of the 25,000 consumer complaints his office received last year were for "slamming," when long-distance providers switch customers' service without their knowledge.

Ryan spokesman Abdul Shabazz said at least two of the nearly 2,000 complaints were from this area.

Legislation backed by Ryan to give his office more powers to enforce Federal Communications Commission rules on slamming and to give the Illinois Commerce Commission authority to regulate intrastate switching of long-distance phone service has advanced to the full House.

Last year, the Attorney General's Office sued long-distance carriers for the first time for slamming. A \$1.7 million restitution settlement for 44,000 consumers was obtained against Sonic Inc.

"It's amazing that slamming, which was never a complaint until a couple of years ago,

is now at the very top of our top 10 list. With the expanded choices consumers now have in choosing both local and long-distance phone service, we must do more to ensure that their rights are protected," Ryan said.

Meanwhile, Ameritech also announced this week an anti-slamming initiative in cooperation with the Better Business Bureau and other consumer groups.

Ameritech sent out forms with December phone bills inviting customers to protect their account from slamming.

The forms were returned by nearly 1 million customers. About 500,000 requested the protection earlier.

"We want to help customers slam the door on slammers. Customers have every right to control their account and make an informed choice about the communications companies and services they use," said Doug Whitley, Ameritech Illinois president.

Ameritech, the state's predominant local phone carrier, is also seeking final state and federal regulatory approvals to begin offering long-distance service.

— From the Alton Telegraph

Quinn, Durbin trade charges over scholarship

U.S. Senate candidate Patrick Quinn tried to spatter some 6-year-old "mud" Wednesday on his major opponent, U.S. Rep. Richard Durbin, who responded that the attack was "shameful."

Seeking information on Durbin from news articles in a computer database, Quinn found a 1980 article in a New York newspaper, Newsday, saying Durbin's daughter, Christine, had received \$1,350 in financial aid to Georgetown University in 1988 from a scholarship fund established by a lobbyist for Grumman Corp.

The lobbyist, James Kane, allegedly was under investigation by a federal grand jury when he died in 1990.

Durbin said at the time and repeated Wednesday that he had never heard of the lobbyist or knew of his connection to the scholarship until the Newsday article. He said his daughter was encouraged to apply by a priest and administrator at Georgetown.

"Pat Quinn's attack on my daughter with this 6-year-old story is shameful, but no surprise," Durbin said.

"The hottest ring in hell is reserved for politicians who attack their opponents' families," Durbin also said in a response.

Quinn also criticized Durbin Wednesday for accepting \$91,700 in honorariums (speaking

fees) from several corporations or trade associations between 1983 and 1990, before they were banned in exchange for higher congressional pay.

"It is bad enough to personally profit from corporations through honorariums, but to receive a college scholarship from a shady lobbyist raises serious questions about integrity," Quinn charged.

However, he admitted during a Statehouse news conference that he had no evidence that Durbin actually knew of the connection to the lobbyist or was influenced in any way. He said it was Durbin's responsibility to "investigate further," however.

"Congressman Durbin talks a lot about how families need student loans, but it appears that the solution for his own family is to take cash scholarships from corporate lobbyists," said Quinn.

"The reason this matter never went any further in six years since it first surfaced was because neither my daughter nor anyone in my family did anything wrong," responded Durbin, a Georgetown alumnus.

"In fact, a vice president of Georgetown University confirmed that our family was not involved in my daughter receiving this scholarship," Durbin said.

— From the Alton Telegraph



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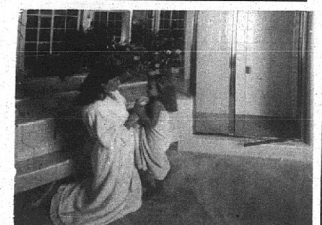
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Fees:

Fees are charged according to services received. Belleville Orthopedic Surgeons Ltd. is a Medicare provider and insurance billing will be handled for you by the BOS staff.

Date, Time, Place:

Friday, March 15, 1996
1 to 3 p.m.

Memorial Physical Therapy Center - Collinsville
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Information:

Examinations are by appointment only and physician referral is not required. For your convenience, a copy of your HAND/UPPER EXTREMITY SERVICE evaluation report will be sent to your physician. For an appointment, call (618) 235-2900.



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Farm bureau, soil district combine on new program

The Madison County Farm Bureau and the Madison County Soil and Water District, in cooperation with 16 private businesses and corporations, announce the formation of Madison County CAREE.

CAREE (pronounced care) stands for Conservation, Agricultural Resources and Environmental Education.

CAREE will provide students

and consumers in Madison County with accurate and up-to-date information regarding environmental and agricultural issues.

Hands-on enhancement materials will be made available to teachers on a loan basis. Science kits cover topics like the incubation and embryology, insects, soils, protein and renewable resources.

Information is also available on Illinois trees and birds. All program topics address the Illinois Goals for Learning.

Another aspect of the program will focus on local guidance counselors and high school students. One in five jobs is in the food and fiber sector now and agriculture will add 48,000 jobs per year to the economy.

Additional information can be obtained by calling (618) 659-0112.

•Lake

(Continued from Page 1A)

"This time next year it will be finished," he said. "I think it's really going to make it a nice park. That area's been neglected for years."

Ray Coleman, site superintendent at the park, said it will make the area very attractive. "I'm hoping it will bring attendance up tremendously," he said.

Except for the proposed road construction, he said, most of the other work is complete.

"We're still going to have a little of this and a little of that (to complete)," he said. "We have to put out more grills." Coleman said he is planning an open house to show off some of the park's new features.

It has been tentatively set for 8 a.m. - 4 p.m. Friday and Saturday, March 22 and 23.

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If you enjoy the ministry of Benny Hinn, you won't want to miss this special service. Joan Gelson, who worked on Kathryn Kuhlman's healing team and now works with healing evangelist Benny Hinn, will be ministering at Greater Glory Worship Center. Joan is an anointed speaker and is used mightily of God in a healing ministry. Pastors Hap and Sandy Schoeber want to invite you to be a part of this service.

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•Adoption

(Continued from Page 3A)

friend," said Karen, "and we were lucky. It only took us five months from start to finish. As it turns out, I applied on the day Carley was born."

The Fletcher family hopes that by the end of the year, the adoption process will be complete for another child.

Although the procedure begins with a flurry of paperwork, interviews and preparation for the adoption, what the couples find the most nerve-racking are the final weeks, after they have received a picture of their child and before they either travel to pick the child up or await arrival of the child with an escort.

Dave and Mary Ann Ruckman from Godfrey agreed that the final waiting period was the most trying.

"I think we must have eight to 10 weeks left. There's nothing to keep you busy like there was in the beginning. We had great preparation and lots of support groups," said Mary Ann Ruckman.

The Ruckmans, along with grandparents and great grandparents, will be waiting at the Chicago O'Hare airport for the arrival of their baby with an escort from Korea.

"We think we're getting a boy, too. We've decided on Adam," she said.

For the Ford family of Troy, the decision to adopt came after the couple had two children, Ashley and Bryan.

"I always knew I would do this," said Connie Ford, "It's always been in my heart."

The Fords expect they will be receiving the baby before the end of summer.

Radley said, "You know, this can be an opportunity for anyone considering adoption. China prefers couples 35 and over and welcomes single parents... There are so many children waiting to be placed."

Radley encourages anyone wanting information to call Laackmann at the Lebanon office at 618-537-9893.



(Photo by MARK BONEBRAKE)

Rebecca Laackmann, social worker with Lifeline, welcomes the crowd to an open house at the Lifeline offices.

Upcoming Health and Wellness Programs

■ **SENIOR LIGHT AEROBICS & CHAIR EXERCISES, 10-Week Program, Tuesdays & Thursdays, 9—10 a.m., March 19 thru May 23.** Doctor's consent required. Group meets at the Nichols Community Center. Register at extension 1156.

■ **RIGHT WEIGHT, 12-Week Adult Weight Control/Loss Program, Tuesdays, April 2 - June 18, 7—8 p.m.** No special foods or supplements to buy. Fee includes manual, body fat analysis, recipes, and more. Call extension 1156 for information or to register.

■ **FREE FOOT SCREENING, THURSDAY, MARCH 28.** A limited number of appointments available between 6:30 and 7:45 p.m. To register for a foot screening exam, call extension 1575.

To register call 234-2120 + extension number shown above.



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Carpentry apprenticeships open

The employers and the Southern Illinois District Council of Carpenters Joint Apprenticeship Committee announces that applications will be available for apprenticeship training in the carpentry trade, regardless of race, creed, color, national origin or sex, on April 1, 2, 3, 4, 5, 8, 9, 10, 11 and 12.

All applications must be American citizens and at least 17 years of age. He or she must submit a physical from a licensed physician, high school diploma or general educational diploma certificate, a record of previous work experience and three written character references.

All applicants are required to register at their area local union office during the above dates.

All applicants residing in Granite City, Pontoon Beach, Mitchell, Madison and Venice must apply at the Granite City Carpenters Local 883 office, 5218 Nameoki Road in Granite City, between 9 a.m. and noon.

Anyone whose name presently appears on the list must reapply this year during this specified time period.

SIUE seeks 455 more in scam

Southern Illinois University at Edwardsville has the names of 455 "active suspects" in the \$1.1 million phone scam who did not turn themselves in by the amnesty deadline Thursday.

Kenneth Neher, vice chancellor of administration, held a press conference Friday to announce that 1,045 students confessed to illegally using the phone system.

The university suspects there are an additional 455 guilty students who have yet to confess.

Neher said the university would seek "criminal prosecution, civil action to recoup loss of money" and university punishment that could include probation or dismissal from school. Transcripts and diplomas will be withheld from students who have not paid their bills.

Interviews with 626 of the 1,045 students who confessed have accounted for about \$270,000 in fraudulent long-distance calls, Neher said. The

amount is expected to grow with additional student interviews.

The amount owed by individuals ranged from 9 cents to slightly more than \$20,000 for calls that went "literally all over the world," Neher said. Some students were allowed a payment plan.

Six people were brought in for questioning Friday, he said. All were released.

Neher emphasized that the number of students participating in the scam was a small

minority of the total student population, about 7,000 enrolled during the time the calls were made. "I don't want people... to think every person attending SIUE is a crook," he said.

The \$1.1 million was racked up between the fall of 1993 and September 1995. "Students discovered how to bypass the university's billing system by accessing university trunk lines," Neher said. The fraudulent calls were charged to the university instead of individual accounts.

"We think it started out very small and grew as it got out."

The largest monthly bill received by the university was \$175,000 for calls made in April 1995. The scam was discovered by university officials in September 1995.

Neher said several checks in the university's system failed. The phone system's programming allowed for the bypass, and employees responsible for programming and use of the trunk lines did not report the problem.

Employees responsible for paying the university's phone bills also failed to report the irregularities.

The employees involved no longer work for the university, officials said.

The university has reprogrammed the system "line by line" to protect against fraudulent use, Neher said. The new programming can "red-flag" suspicious use of the phone lines.

Neher thanked several outside agencies for their help with the investigation, including the Edwardsville and Collinsville police departments.

— From the Alton Telegraph

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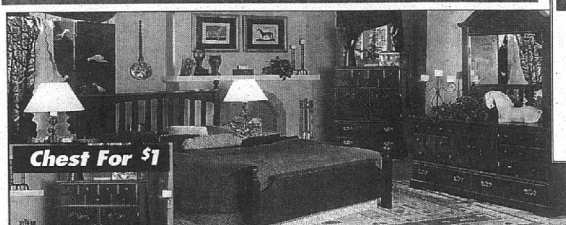
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Edgar speech on radio here

Gov. Jim Edgar's annual budget message will be broadcast live by WSIE-FM (88.7) radio at noon on Wednesday. WSIE is the public broadcasting station on the campus of SIUE-Edwardsville.

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-3000.

This calendar runs in every Wednesday's Journal.

Wednesday, March 6

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Pontoon Beach Senior Citizens bingo, noon, 3910 Illinois 111, Pontoon Beach.

For persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meet-

ings are closed except for the last Wednesday of the month.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 463-2124.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information, call Dan at 452-2336 or Diane at 876-1380.

Thursday, March 7

Lions Club of Pontoon Beach meets at 6:30 p.m. at the Lions Den, 3901 Lake Drive in Pontoon Beach. One interested in helping the visual or hearing impaired are welcome. Call Bob at 797-0747 for more information.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Eagle Park Area Seniors of Madison meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2109 Iowa, 463-2429.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, March 8

Granite Chapter 650 Order of the Eastern Star meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland

Boulevard in Granite City.

Holy Family Fish Fry will be held from 4 to 7 p.m. at 2606 Washington Ave. in Granite City. Plates are \$4.50 and sandwiches are \$3.50. Carry-outs available.

Downtown Neighborhood Restoration Society, Granite City, 876-7715, 9 p.m. at Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Al-Anon meets at 8 p.m. in the Madison Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Har-Old Brown Building, Franklin Avenue and Pontoon Road. Call 877-0550 for more information.

STEMS (Support Together for Emotional and Mental Serenity and Sobriety). A support group for people with a mental illness and an alcohol or substance abuse problem. Meets from 1:30 to 2:30 p.m. at St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, March 9

Chill Bash and Sale from 11 a.m. to 6 p.m. at Pontoon Beach Senior Citizens' Hall, 3910 Illinois 111 in Pontoon Beach. All the chill you can get for \$3.50, eat in or carry-out. Hot dogs, 75 cents, dessert, 50 cents and soda, tea or coffee 25 cents.

Polish Pierogi Sale, Sacred Heart Polish National Catholic Church, 930 Reynolds St. in Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and taco. Carry-outs only, \$6 per dozen. Cooked and ready to heat and eat. Order ahead by calling 876-5890, 931-3587 or 876-3086.

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3450 or 877-4848.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, March 10

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

Monday, March 11

Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall in Granite City in either the auxiliary room or the Pinta room. Any man or woman 18 or older interested in Lionism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 876-2515 or Lion Treasurer Ken Turcott at 877-6776.

National Association of Retired Federal Employees (NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS Illinois 45 meets at 7 p.m., Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, March 12

Breakfast with State Representative Steve Davis at 7:30 a.m. at Honey B's Donut Shop, 3701 Nameoki Road in Granite City. For more information, call 461-4934.

Job's Daughters Bethel #43 meets at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Better Breathers, support group of those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

Depressive Manic Depressive

Association of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center. James E. Lewis and Karl A. Strassman, Co-leaders of the DMDA, will conduct the meetings. For more information, call 877-7817 or (314) 776-4929.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 8:30 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alateen and Prealteen Program for 12 to 17 age group, and prealteen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

Granite City Kiwanis meet at Shoney's at 7:30 a.m. Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

The Meaning Of
Soil
from the experts at
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Exactly what is soil? Well, as far as the word itself goes, it can be a strange one, as we found out when looking it up. As a verb, it means to "make dirty," "besmirch," etc. A noun makes it a "country or region," "earth or ground," "the top layer of the earth's surface, suitable for planting." Paydirt! That's what we were looking for. And that wasn't a pun, as you'll discover.

The last definition most accurately describes soil as far as planting goes. And soil definitely isn't dirt. Dirt is what's on top of the door frame, under the oven and in front of the computer screen.

Soil, on the other hand, is a place for plant roots to grow. It's a warehouse and distribution center for plant nutrients and moisture.

This wondrous stuff called soil can be classified into three basic categories: good, poor and ideal. Unfortunately the latter is something most of us haven't experienced. We'll have to settle for good, since ideal is usually found in farmers' cornfields.

Poor soil is rocky and compacted or sandy and loose. It's sticky when it gets wet and hard when dry. Too wet, too dry, too shallow. If that's a familiar scene, we have good news. Soil can be improved. To improve it, you should understand exactly what makes up soil.

Minerals like limestone and granite make up 45% of soil by volume. Organic materials, living or once-living organisms (roots, fungi, earthworms, decaying leaves, etc.) make up 2% to 5% of soil by volume. Air and water, each roughly 20% to 30% of the volume, are held in pore spaces in the soil.

Various kinds of mineral particles and organic matter bind together, forming clumps of different sizes. Small pore spaces within these clumps hold water. Large

pore spaces between clumps hold air and provide drainage. This combination of clumps and pore spaces is soil.

Soils are classified according to their mineral content. These classifications are sand, silt and clay. The texture or "feel" of the soil refers to the size of the mineral particles of sand, silt and clay.

The smallest of these mineral particles is clay. Because they're so small, the pore spaces are also small. And since there are so many small pore spaces, clay is good at holding water in the soil; perhaps too good. Clay soil drains very slowly and holds little air, but it doesn't retain nutrients. It's sticky when wet, hard and clumpy or cloddy when dry. Poor conditions caused by poor pores.

Sand is the largest of the mineral particles. It's coarse, gritty and has fewer pore spaces. Therefore, sand holds air and drains well, but holding onto water and nutrients isn't its strong point.

Few people want sandy or clayey soil (clayish if you wish, since that first word looks bit bizarre), yet some have soils that are almost all clay or sand. And gardening can be very difficult in either one. But, as we said earlier, it can be improved. We'll tell you just how to do it in Sunday's column.

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Baseball terminology colorful

By Kevin Carberry
Staff writer

I spent part of last weekend performing a rite of spring: oiling my baseball gloves. I know a lot of people sourced on baseball over the last few years due to the labor disputes, but no matter what I do, I can't get the game out of my system.

I love to play ball, watch it, discuss it and argue it. Yes, the arguments are part of the fun for me. My friends and I will kick around such topics as what is and what is not an error.

My position is that if you can touch it, you can catch it. My friends want to be more lenient to the fielders, but that only sticks to the pitcher by hurting his earned run average.

Another point of contention is over the Mendoza line, a baseball term based on former big leaguer Mario Mendoza, a lousy hitter.

I believe the line is at .215, which was Mendoza's lifetime batting average, while others claim it is .200, a figure Mendoza hit near many times.

The Dickson Baseball Dictionary mentions both numbers, so the debate continues.

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Then, there are the chats about what your team should be doing to win the pennant. As the radio sports talk shows prove over and over, there is no end to the number of opinions on who to trade, who to start, how to set the batting order, what color the ball caps should be, etc. It's amazing how many people think you can trade two minor leaguers to get Greg Maddux or Barry Bonds.

Baseball terms are part of my everyday speech. I can remember, back in college, a student from Taiwan asking me if I thought an upcoming political science test would be difficult.

I baffled him, inadvertently, by saying I did not think it would be hard of a test if the professor didn't throw us any curveballs.

Since baseball is on my

mind, it seems like a good time to do a trivia on baseball terminology. You never know when these words and sayings might come in handy in a baseball discussion.

1. What is a handbox in baseball?
2. What is a yakker?
3. What does it mean to go around the horn?
4. If a player is said to have bad lamps, what does it mean?
5. If someone hits a salami, what has he done?
6. What kind of injury is a strawberry?
7. If you're called a banjo hitter, is that something good or bad?
8. What does it mean to have a cup of coffee in the majors?
9. What are whams?
10. What is a ham-and-egg reliever?

ANSWERS: 1. It's a small

Horoscope

Wednesday, March 6
A bundle of astrological joy comes as Venus enters Taurus — the sign it rules. Implanted in this warm, nurturing sign, Venus takes on the shape of a loving confidant who wants to beautify house and home. If you seek security in relationships, talking about your aims to those closest to you may bring the commitments and revelations you've long been seeking.

ARIES (March 21-April 19). Others fabricate their past experiences — check their references. Your sixth sense works overtime — heed it. At home, loved ones are late because everything goes at a slower pace today. Promises made tonight will be kept.

TAURUS (April 20-May 20). Suddenly, fun enters your life as a new friend, business challenge or school honor helps you realize what truly makes you happy. Send up trial balloons in love, long-distance deals, letters and friendships flourish.

GEMINI (May 21-June 21). Define a problem and it will be solved. Anything written takes on import this week. Your lover or companion may change overnight. You should reconsider getting an advanced degree. Profits increase.

CANCER (June 22-July 22). Stop following that herd instinct. Leave all conventional thinking behind you. At the

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market, you'll meet someone who can further a love or business goal — be the one to break the ice!

LEO (July 23-Aug. 22). Someone threatens you in such a sneaky way that this alone could make you want to act rashly. The intervention of a third party benefits you most. Let your lover help you financially. Save seemingly unimportant documents.

TODAY'S BIRTHDAY (March 9). Go out of your way to change your living environment, and set yourself up for more pleasure and accomplishment. In June, something you do can turn back the clock. Money from a new career fills coffers in May and October. Love with a Capricorn or Taurus is best. Marry in November. Travel in September or February for increased busi-

ness success.

VIRGO (Aug. 23-Sept. 22). Strange twists this spring make you a different and luckier person by tonight. Consider job hopping. Profits come from sideline opportunities, relatives and inheritances. Your appearance improves.

LIBRA (Sept. 23-Oct. 23). Accounts are revised in your favor. Conflicts over the family budget will escalate if you don't have solutions in mind before you start. Seline business start picking up the dalliance of a friend makes a lover fearful.

SCORPIO (Oct. 24-Nov. 21). Matters far away take precedence. Juggle your needs with those of family members. New routines benefit all. A calous remark made at a meeting could earn you money. Confess to a minor error and you will be forgiven.

SAGITTARIUS (Nov. 22-Dec. 21). Others are being so domineering. Assert your power and legal rights. Clever retorts impress lovers and bosses. Luck comes through a hunch about a game, contest or new client's wishes. Leos adore you this evening.

CAPRICORN (Dec. 22-Jan. 19). The magic returns to your life when you go back to your former innocent state. Don't hold biases. See things as if for the first time. Power players like your style. Update your resume before sending it out.

AQUARIUS (Jan. 20-Feb. 18). You are so tired of a partner's complaints that you may rethink the situation. A pal is competing with you, but you actually are helped by this. Reconsider a commute — maybe the extra pay isn't worth it.

PISCES (Feb. 19-March 20). Rumors are afloat, so keep your ears open. Respond to letters immediately. A missed phone call may have saved you from a bad investment or awful party. Spend the day with that this is your birthday month.

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MILITARY NEWS

In service

Ramon Dioneda

Navy Petty Officer 3rd Class Ramon V. Dioneda, a 1985 graduate of Granite City High School South, recently reported for duty aboard the aircraft carrier USS Constellation, homeported in San Diego.

Dioneda's new assignment is an example of how many Navy and Marine Corps men and women are assigned to ships, squadrons and shore commands around the world. Whether serving in the Persian Gulf or in the

Adriatic Sea, people like Dioneda are making a difference as they work to improve their knowledge and skill.

Dioneda joined the Navy in September 1990.

Richard Mase

Air Force Master Sgt. Richard A. Mase has been decorated with the Meritorious Service Medal.

The medal is awarded for outstanding noncombat meritorious achievement for service. It is

his second award.

Mase is an aircraft armament systems superintendent at Hurlburt Field, Fla. He is the son of Charles L. and Joan C. Mase of Granite City.

Mase is a 1978 graduate of Granite City High School.

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Place:

"Project Trim" is held in Memorial Hospital's auditorium.

The exercise program is held at Belleville Health and Sports Center, 1001 S. 74th Street, Belleville

Information:

Class size is limited. To register, call Memorial's Community Relations Department at (618) 257-5649.



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P205/75SR14 RWL	76	P225/75SR15 RWL	85
P205/75SR15 RWL	79	P235/70SR15 W/W	83
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P205/75SR14 W/W	79	P235/70SR15 W/W	92
P205/75SR14 RWL	84	P235/75SR15 RWL	88
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P185/70R14	—	—	58
P195/75R14	43	48	57
P195/70R14	—	—	59
P205/75R14	45	51	59
P205/70R14	—	—	60
P215/75R14	—	55	63
P205/75R15	46	54	61
P205/70R15	—	—	62
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P185/70R14 67	P185/65R14 68	P215/70SR14 66
P195/75R14 67	P195/65R14 69	P225/70SR15 71
P195/70R14 69	P205/65R15 75	P255/70SR15 79
P205/70R14 71	P215/65R15 76	P215/65SR15 68
P215/70R14 74	P215/60R16 79	P215/60SR14 67
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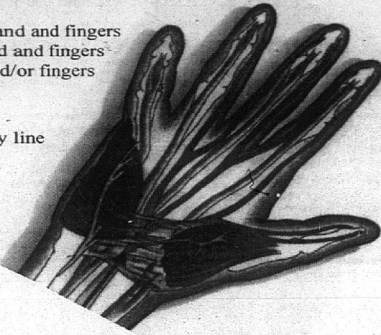
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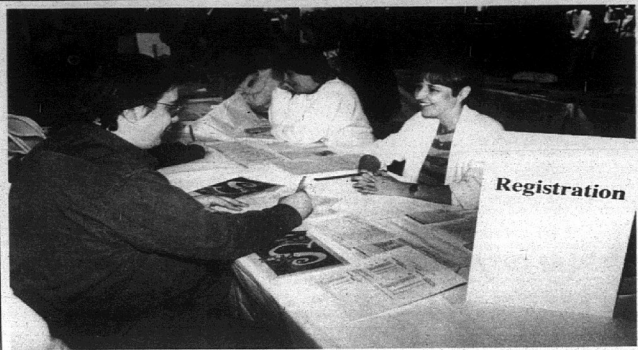
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Registration

Sunday in the mall — Belleville Area College held a registration day recently at St. Clair Square in Fairview Heights. Pictured is BAC registration clerk Malinda McGrath, right, assisting William Delaney of Granite City as he signs up for classes. Late registration for spring semester classes ended Jan. 19.

Bravo!

Schwanger a queen candidate

Schwager, a sophomore petroleum engineering major at the University of Missouri at Rolla, is one of 31 candidates nominated for the "Queen of Love and Beauty" at the school's 88th annual St. Pat's celebration.

Schwager, daughter of James and Rose Schwager of Granite

City, was nominated by Kappa Sigma sorority.

Members of the St. Pat's celebration committee, the group of students that organizes and supervises the St. Pat's activities, will elect the queen after a series of interviews.

Coronation ceremonies will be at 9 p.m. March 15 on the Rolla campus.

The queen, her court and the candidates will have places of honor on the queen's float during the parade in downtown Rolla March 16.

Blair announces honor roll

Bernard Long, principal of Blair School in Madison, has announced the students listed on the honor roll for the second quarter. Students include:

Straight A honor roll
Roger Glasper, Evan Hamilton, Samuel London, LyNisha Newson, Dustin Stanley, Jamal Terrell, Mercedes Washington and DeMarquis Young.

Third grade
Keondra Beverly, Kevondra Beverly, Nakeisha Blakely, Ayana Eurt, Percy Felton, Victor Fields, Jake Ford, DeAndre Jordan, Devin Lewis, Tamara McCoskell, Brittney Miller, Patrick Ramseur, TeNesha Whitfield and Ruth Wigfall.

Second grade
Ariana Bailey, DeAlra Boyd, LeRoy Carraway, Marquisia Cannon, Paula Dukes, CeAtria Freeman, Xavier Garrett, Jer-melle Johnson, Tamika Johnson, Phylise Lovett, Arrianna Patton, Christopher Powell, Kamesha Salmoud, Anthony Shepard, Janan Turner, LaOn-taye Williams and Jenay Willis.

First grade
Grelissa Baker, Antonio Bell, Whitney Blockton, Johnetha Bolton, Sharyla Cunningham, Keith Gibson, D'Mario Hill, Coy Ivy, Cherman Jennings, Baron McCaskill, Sathn Moody, Dairon Pinnix, Nicholas Roberts, Caleb Smith, Antoinette Starnes, Harvey Walker, Manuel Wallace and KeVon White.

B.U.G. (bringing up grades) roll
Jeremy Felton.

4 graduate from EIU
Carl A. Crawford, Kelly A. Green, Leah R. Schuman and Michael P. Summers, all of Granite City, graduated in December from Eastern Illinois University in Charleston. They were certified by their respective deans as having completed all requirements leading to the awarding of degrees.

Crawford and Green both received a bachelor of science in education degree, Schuman received a bachelor of science degree and Summers received a board of governors' bachelor of arts degree.

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LOCAL NEWS

Obituaries

Ashley Nathan

Ashley Danielle Nathan, 9 months, of Biloixi, Miss., formerly of Belleville, died at 1:55 p.m. Wednesday, Feb. 28, 1996, at Ochsner Foundation Hospital in New Orleans. She was born at Scott Air Force Base Medical Center.

Survivors include her parents, Senior Airman Everett and Latocha Nathan; one brother, Khalil Chantman of Biloixi; her grand parents, Mr. and Mrs. Ted Hughes of Belleville, Mr. and Mrs. James Dinwiddie of Florissant, Mo.; Tyressa Pannel of Helena, Ark.; and Mr. and Mrs. Raymond Williams of Madison; and her great-grandmother, Olena Woolfolk of Madison.

Services were Monday at Scott Air Force Base Medical Center with the Rev. John Henry Williams officiating. Burial was in Jefferson Barracks National Cemetery in St. Louis County.

Arrangements were handled by Nash Funeral Home in East St. Louis.

Rose Zivic

Rose Marie (Pitonak) Zivic, 83, of St. Louis, formerly of Edwardsville, died at 8:28 a.m. Sunday, March 3, 1996, at Charles Retirement Center in St. Louis. She was born Sept. 20, 1912, in Fort Smith, Ark.

Survivors include two sons, Dale Omohundro of St. Louis and Kenneth Omohundro of Santa Ana, Calif.; two stepsons, James and John Zivic, both of St. Louis; three brothers, George Pitonak of Granite City, Mike Pitonak of St. Louis and Joseph Pitonak of Springfield, Mo.; two sisters, Amelia Dycus of Springfield, Ill., and Victoria Kozlowski of St. Louis; 13 grandchildren; 10 great-grandchildren; and one great-great-grandchild.

She was preceded in death by her husband, John Zivic; and her parents, George and Josephine (Malek) Pitonak.

Services are at 10 a.m. today, Wednesday, at St. Boniface Catholic Church, 110 N. Buchanan in Edwardsville, with the Rev. John Corrado officiating. Burial will be in Calvary Cemetery in Glen Carbon. Arrangements are being handled by Mater Funeral Home in Edwardsville.

Memorials are requested for the American Cancer Society.

Aileen Green

Aileen (Jenkins) Green, 87, of Roxana, formerly of Mitchell, died Friday, March 1, 1996, at her residence, following a one-month illness. She was born May 12, 1908, in Clarksville, Tenn., and had been a resident of Mitchell for 50 years prior to moving to Roxana five years ago.

A homemaker, she was of the Protestant faith.

Survivors include two daughters, Helen Meyer of Roxana and Patricia Green of Mitchell; five grandchildren; 14 great-grandchildren; and six great-great-grandchildren.

She was preceded in death by her husband, Harry Green, who died in 1960; one son, Carl Lewis; two daughters, Betty Oldham and Rose Green; and her parents, Arthur and Lucy (Middleton) Jenkins.

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Services were Tuesday at Werner Chapel for Funerals in Pontoon Beach. Burial was in Eastlawn Cemetery in Salem.

June Schultz

June Ethel (Cook) Schultz, 69, of East Alton died at 10:57 a.m. Sunday, March 3, 1996, at Jersey Community Hospital in Jerseyville, following a six-year illness. She was born April 5, 1926, in Murray, Ky., and had been a resident of East Alton for 35 years.

A waitress at the Grabber Restaurant for 20 years prior to her retirement, she was of the Baptist faith.

Survivors include one son, Ronald Schultz of East Alton; four daughters, Vicki Werner of Granite City, Debra Harvey and Lisa Schultz, both of East Alton; and Mary Smith of Bethalto; four sisters, Iva Russell of Detroit, Parrie Rushing and Barbara Lue, both of Bethalto, and Elsie Marquis of Wood River; five grandchildren; and one great-grandchild.

She was preceded in death by her parents, Tanny and Ada (Vincent) Cook; and one brother, Gordon Schultz.

Services are at 10 a.m. today, Wednesday, at Werner Chapel for Funerals, 3939 Lake Drive in Pontoon Beach, with the Rev. Bob Camp officiating. Burial will be in Valhalla Cemetery. Memorials are requested for Jerseyville Care Center.

Floyd West

Floyd O. West, 96, of Granite City died Sunday, March 3, 1996, in Paragould, Ark.

A laborer with Standard Pipe Company prior to his retirement, he was a member of Church of Christ.

Survivors include one son, Kenneth West of Farmington, Mo.; four daughters, Mildred West of Illinois, Margaret Foshee of Paragould, Anna Foshee of New York and Mary Ruth Goode of California; one sister, Susie Phillips of Tennessee; 13 grandchildren; 35 great-grandchildren; and five great-great-grandchildren.

He was preceded in death by his wife, Lora West; one daughter, Edna Elizabeth West; one grandchild; and three great-grandchildren.

Visitation is from 11 a.m. to 2 p.m. today, Wednesday, at Dillingham Funeral Home in Newport, Ark., where services are at 2 p.m. today. Burial will be in Graceland Cemetery.

Jeanette Rains

Jeanette (Marcovsky) Rains, 58, of Granite City died at 5:57 p.m. Sunday, March 3, 1996, at St. Elizabeth Medical Center. She was born April 5, 1937, in Granite City, where she had been a lifelong resident.

A patient account representa-

tive with Heartland Healthcare in Edwardsville for three years, she was a member of Holy Trinity Bulgarian Eastern Orthodox Church in Madison.

Survivors include her husband, Adrean Rains, whom she married March 23, 1955; three sons, Chris and Greg Rains, both of Granite City, and Doug Rains of Wichita, Kan.; her mother, Ruth (Boshkoff) Geroff of Granite City; and three grandchildren.

She was preceded in death by her father, Chris Marcovsky Sr.; and one brother, Chris Marcovsky Jr.

Services are at 10 a.m. today, Wednesday, at Holy Trinity Bulgarian Eastern Orthodox Church, 1300 Grand Ave. in Madison, with the Rev. Peter Stamboldjev officiating. Burial will be in Sunset Hill Memorial Estates in Glen Carbon. Arrangements are being handled by Irwin Chapel in Granite City.

Steven Roberts

Steven P. Roberts Jr., 9, of Collinsville died at 8:32 p.m. Friday, March 1, 1996, at Anderson Hospital in Maryville. He was born April 26, 1986, in Centerville and had been a lifelong resident of Collinsville.

A fourth grade student at Kreitner School, he was a member of State Park Baptist Church.

Survivors include his parents, Steven P. Roberts Sr. and Terina (Kite) Roberts; one brother, Jeffery Roberts of Collinsville; two sisters, Sara and Kasey Roberts, both of Collinsville; his grandparents, Phyllis Kite and Kenneth and Sarah Roberts, all of Collinsville; and his grandparents, Leita Elme of Troy and Viola Kite of Granite City.

He was preceded in death by his grandfather, James Kite Sr., who died Aug. 23, 1995.

Services are at 1 p.m. today, Wednesday, at Werner Chapel for Funerals, 3939 Lake Drive in Pontoon Beach, with the Rev. Mark Ward officiating. Burial will be in Valley View Cemetery.

Memorials are requested for State Park Baptist Church in Steven's memory.

Auction planned

A spaghetti dinner and auction will be held from 4 to 7 p.m. March 16 at First Assembly of God Church, 24th Street and Grand Avenue in Granite City. The cost is \$5 for adults and \$2.50 for children. The proceeds benefit Guyana 1996.

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Smoky Mountain trip is April 24-27

A "Smoky Mountain Getaway" has been planned by the Granite City Park District for April 24-27.

The bus will depart Wilson Park at 5 a.m. Wednesday, April 24, and return on Saturday evening, April 27. The group will stay at the Best Western Plaza Inn in Pigeon Forge, Tenn., with three nights of activities planned in the area each day.

The first night, a show will be enjoyed at the newest theater in town, T.G. Sheppard's Theater. In addition to Sheppard's performance of more than 17 of his No. 1 hits, the show will feature an illusionist, direct from Las Vegas.

The second day consists of a drive through the Great Smoky Mountains to the Vanderbilt Family's famous Biltmore Mansion in Asheville, N.C. The mountains should be alive with blooming dogwood trees.

Lunch will be in the Deepark Restaurant on the estate. A complete tour of the mansion will be made before departing back to Pigeon

Forge. The country and western show at the Music Mountain Theater that evening will feature at least two stars from the Grand Ole Opry.

The next day will be one of choice. Trolley service is available to the nearby resort town of Gatlinburg. Discount rates will be available for Dolly Parton's Dollywood, or travelers may choose shopping at the 200 factory direct stores, gift and specialty shops in Pigeon Forge.

Included in cost of the trip will be bus fare, three night's lodging, three breakfasts, buffet lunch at Biltmore and two family-style dinners, as well as the three shows.

The trip will go on sale at 8 a.m. Tuesday, March 19, at the Wilson Park ice rink. The cost of the trip is \$354 for a single, \$304 per person for double occupancy, \$276 per person for three to a room and \$262 per person for four to a room. All costs must be paid at the time of reservations.

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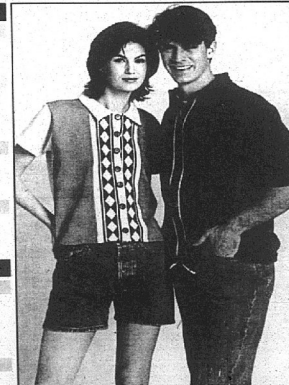
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Court of Honor — On Jan. 15, Boy Scout Troop 13 held a Court of Honor to present the young men with their achievements and to induct four new scouts into the troop. The new scouts were Matt Bernaix, Karl Debnay, Erik Illies and John Smith. Shown are, from left, front row, William Kutosky, Robert Henry, Matt George, Jeff Bladdick, Illies and Kyle Johnson; middle row, Jeff Lux, Pat Mauren, Brad Becker, Smith, Bernaix, Brian Dittman and David Hartwick; back row, Debnay, Steve Geroff, Chris Babic, Larry Wiegand, Bryan Fornachon and Daniel Worthen.

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To receive free educational material about Poison Prevention, call Memorial's Community Relations Department at 257-5649.



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Eagles Auxiliary holds second meeting

A Valentine theme was carried throughout the second meeting of the Granite City Eagles Auxiliary 1126 on Feb. 13.

The meeting was opened by Joanna Spencer, president, and the Pledge of Allegiance was given by the 27 members in attendance. A roll call of officers was taken. All were present.

An initiation ceremony was performed for two candidates by the ritual team. Those new members enrolled were Margaret Kwiatkowski Perro and Cynthia Freeman. Two new applications were read for membership by the secretary. The re-enrollments for January were Mary Shafer Horton and Faye Shoemaker.

A "no goose egg" sticker was received from the grand aerie for the month of December.

An invitation from Berwyn Auxiliary 2125 was extended to all who wish to attend the state officers' meeting at their Eagle home Feb. 16-18.

A luncheon was served. The auxiliary meeting was followed by a banquet with entertainment. The Eagle Leader magazine this month has a picture of all the past presidents' photos taken at the past presidents' party in October at the Granite City Eagles home, along with an article with nearly 60 years of membership among all who attended.

Spencer gave her report from the seven-state conference in Paducah, Ky., showing 765 total attendance this year as opposed to 965 last year. The frigid weather kept many from attending this year. A total of 240 auxiliary members attended.

Angie Buchler, Hilda Melton, Kenneth Spencer and Craig Nyers also attended from the local auxiliary and aerie.

Mildred Boyd, visiting chairwoman, reported on members who are ill, have been hospitalized or have lost a family member. They are: Madge Laney, Jean Keller, Eileen Carr, Helen Meyer, Betty Church, Mary Andrews, Glenna Garwood and Shirley Fields.

Spencer welcomed Del Deloney back after an illness and surgery over this past year. Deloney thanked all for the visits, cards, letters and special services rendered her during this illness.

The chatterbox desserts on Friday nights will be changed to ways and means, as the group has other funding for the chatterbox now from bingo proceeds.

Ruth Jorgensen, trustee, reported that she has resigned her position as ritual captain and that Vera Johnson has also resigned as chaplain.

The District Seven was unable to compete at the seven-state conference in Paducah on Feb. 2 because of a shortage of team members. Only three teams competed.

District Seven held its meeting at the Shiloh Auxiliary home on Feb. 11 with eight members from Granite City attending.

On Feb. 10, 10 members of the auxiliary attended the state officers' weekend in Shiloh.

Mildred Boyd thanked all who came out to volunteer with the breakfast on Feb. 2. Even with the weather being so frigid cold, 10 ladies came out, some with their families to help.

Evelyn Ederle gave the bingo report, which was approved. Millie Weatherford, audit chairwoman, will have a full audit report at the next meeting.

Jorgensen invited all to attend and bring guests to a funny style show, at 7 p.m. today. Refreshments will be served. Tickets are \$75 each.

Vicky Walker served as chairwoman of the Mardi Gras dance, held Feb. 24.

Boyd thanked all who helped her with the superbowl chicken and dumplings dinner. She reported that the proceeds will be given to the Eagle Education Fund.

Others in attendance were: Ann Pates, Katie Kosloff, Angie Buchler, Fuzz Hagauer, Dorothy Landfried, Vera Johnson, Carol Miller, Sandra Habne, Teresa Warren, Dorothy Robles, Barbara Modrusie, Liz Moore, Cathy Dehn, Hilda Melton, Rose Piechocinski, Sandra Tudor, Martha Simpson, Shirley Thompson, Sherri Wilson, Helen Mihl and the two new members.

Robles raffled off the three ceramic pieces for the Child Abuse Fund. They were won by Spencer, Ederle and Warren.

Granite City HEA meets

The Feb. 6 meeting of the Granite City Unit of the Home Makers Extension Association was held at the Anchorage Recreational Center.

The opening prayer was given by Mary Evalyne Yenko. After the prayer, lunch was served by the hostesses, Betty Weston,

Vera Lynn and Mary Thebeau. The meeting was opened by Mary Thebeau, president, with the members reciting the Pledge of Allegiance. The Homemakers' Aim was led by Sophie Thomas.

Thomas, International Day chairman, informed the members that the next International Day will be in October. The subject will be "Wales." She also read a paper on "Salt."

Ann Pates read a report on young family issues. She has some literature she will be distributing at the March meeting.

The hostesses for the March meeting will be Ann Miller, Thomas and Flo Stokes. They will also be giving the lesson on "Vegetarian and Plant-Centered Meals." There will be a white elephant sale at the March meeting.

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Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, March 6
Swiss steak, Au Gratin potatoes, brussels sprouts, wheat bread, peaches.

Thursday, March 7
Baked ham, sweet potatoes, broccoli, wheat bread, butter-scotch pudding.

Friday, March 8
Fried fish fillet, baked potato, sweet and sour cole slaw, rye bread, apple turnover.

Monday, March 11
Polish sausage, whipped potatoes, sauerkraut, rye bread, peaches.

Tuesday, March 12
Chicken and dumplings, tossed salad, buttered carrots, wheat bread, bread pudding.

Seniors to host chili bake sale

The Pontoon Beach Senior Citizens will hold a Chili Bash and Bake Sale from 11 a.m. to 6 p.m. Saturday, March 9, at the senior center, 3910 Illinois 111. Tickets are \$3.50. All the chili you can eat, dessert and a drink are included in the price. Carry-outs will be available.

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SENIOR NEWS

St. Louis 19th Annual Builders HOME & GARDEN SHOW

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LANDSCAPE DESIGNS FOR OUTDOOR LIVING!

FEATURES



McDonaldland! Fun-filled activities and Ronald's Home Safety Show.

Pick up free children's admission coupons at participating McDonald's Restaurants!

Landscape Designs for Outdoor Living. 6,000 square feet of garden ideas. KMOX \$4,000 Landscape Giveaway provided by Prestige Landscaping and Gilberg Perennial Farms.

Keepsake Country Crafts! A marketplace of the area's premier crafters.

Interior Design Gallery. Everything to make your home a designer showplace. KEKZ \$1,000 "Spring Clean-Up" Giveaway each show day provided by BEAM of St. Louis.

Lawn & Garden Showcase

Kitchen & Bath Showcase

KEEPSAKE COUNTRY CRAFTS PREMIER CRAFT MARKETPLACE

INTERIOR DESIGN GALLERY AND THEATER!

FTD Florists Present "Once Upon a Time" and the America's Cup Competition

EXCITING STAGES
St. Louis Post-Dispatch Green Thumb Theater

KEKZ Interior Design Theater

Laclede Gas Cooking Show

HOURS

Wed. 5 p.m. - 10 p.m., Thurs.
- Sat. 11 a.m. - 10 p.m., Sun.
11 a.m. - 6 p.m.

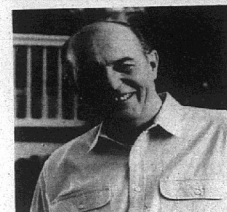
ADMISSION FEES

Adults: \$6, Children 6 - 12:
\$2, Children under 6: Free.

SPECIAL DISCOUNTS
Schnucks half-price adult admission coupons good Wed. 5 p.m.-10 p.m.; Thurs. 11 a.m.-10 p.m.; and Fri. 11 a.m.-5 p.m.



MARCH 6 - 10



Jerry Baker
"America's Master Gardener"

Free Senior's Admission Coupons are available in the Suburban Journals. Coupons are good Thursday and Friday from 11 a.m. to 5 p.m. Must show proof of age (62 and up).

SHUTTLE SERVICE



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Winter Becomes Spring at 19th Annual Builders Home and Garden Show

Winter becomes spring at the 19th Annual Home and Garden Show March 6 through 10 at America's Center. The show is St. Louis' marketplace for the latest home and garden products and services—all in one place for five days. This year's event has expanded into the new Trans World Dome, making it possible to see interior design ideas on the 50-yard line!

The show is sponsored by the Home Builders Association of Greater St. Louis and will include over 1500 booths and 500 companies specializing in everything from A to Z. Landscape Designs for Outdoor Living

This year's elaborate focal landscape will feature many unique gardens in one—a Japanese garden, contemporary garden, formal garden, English woodlands, Missouri natural wildflowers garden and herb garden. After enjoying the garden, show visitors can register to win the \$4,000 KMOX Radio Landscape Giveaway provided by Prestige Landscaping and Gilberg Perennial Farms. Home Safety Tips at McDonaldland

Home safety shows presented by Ronald McDonald and City of St. Louis Firefighters will be a highlight of this area for kids of all ages. Play areas, character appearances and continuous entertainment will also be part of the fun. Catch a Show at the Green Thumb Theater

Jerry Baker, "America's Master Gardener," will headline the Green Thumb Theater stage and delight show audiences with his wacky gardening tips and potions that require beer, ammonia and other household products.

Ellen Strother, University Extension Horticulture Specialist and Missouri Botanical Garden Master Gardeners will present a variety of topics such as "Lawn Care the Easy Way" and "Designing Perennial Gardens."

The Keepsake Country Crafts Handcrafted Specialties at Keepsake Country Crafts marketplace is a new to this craft show within a home show. Home Makeover Ideas at the Interior Design Gallery and Theater

Show visitors will see the latest in home decor, furniture, flooring, wall coverings, window treatments, mirrors and artwork. The area's premier home decor experts will present topics such as "Small Home or Large: The Elements of Interior Design" and



"Before and After: How to Give Your Home a Facelift" on the KEKZ Interior Design Theater Stage. Attendees can register at the BEAM of St. Louis booth to win one of five daily "Spring Clean-Up" giveaways on KEKZ Radio.

"Blue Flame Favorites" Prepared at the Laclede Gas Cooking Show

Laclede Gas Home Economists will demonstrate a "Blue Flame Favorites Sampler" featuring tempting recipes for broccoli cheddar fritattas, flaming wings and sweet potato pie.

FTD Florists Present "Once Upon a Time" and the America's Cup Competition

St. Louis' top FTD florists will design arrangements around the theme "Once Upon a Time." Arrangements will be created throughout the show and auctioned with proceeds benefitting the Children's Miracle Network. In addition, local floral designers will compete for FTD's coveted "America's Cup" designer award while at the show.

Think Green at the Lawn and Garden Showcase
This showcase area is St. Louis' most comprehensive display of outdoor living needs and landscaping ideas. The area includes landscaping and garden products, decks, pools, spas, sunrooms, lawn equipment and more.

Kitchen and Bath Showcase
Always a show favorite, the Kitchen and Bath Showcase is one-stop shopping for the latest in kitchen and bath design, cabinetry, fixtures and appliances. This showcase area is a "must-see" for those planning to build or remodel.

HOME & GARDEN SHOW

FREE SENIOR ADMISSION

Thursday, March 7, 11 a.m.-5 p.m.
Friday, March 8, 11 a.m.-5 p.m.

Seniors over the age of 62 can present this coupon at the Home Show box office Thursday and Friday, March 7 and 8 between 11 a.m. and 5 p.m. and receive one free adult admission. Limit one offer per coupon. Multiple coupons may be used by one family.

Suburban Journals



Steve Porter

Sectionals look most attractive

The area Class AA boys basketball sectional semifinals are answering to a conference calling.

The Collinsville Sectional, at SIUE, has three Southwestern Conference schools and one about to rejoin the group next year.

Favored Collinsville is cast with resurgent Alton, explosive Belleville East and energized Edwardsville. The Tigers, once SWC members, will shed their independent status next year and be back in the big-time conference chase where they belong.

Let's move deeper south. The Salem Sectional has a definite Mississippi Valley Conference flavor. Three of the four contenders are from the MVC. Nothing's that surprising at Southern Illinois University at Edwardsville. Collinsville (22-5), Belleville East (21-6) and Alton (22-6) are the top three sectional seeds, respectively. Edwardsville (18-8) was rated fifth, but could have been No. 4.

Fourth-ranked Belleville West stumbled to East St. Louis Lincoln 80-61 in its sectional debut. Lincoln (15-9) then came apart at the seams Friday in its humiliating 83-36 defeat at Edwardsville. The Tigers led 36-5 at the half.

No matter which team emerges victorious at the Vandalia Center, SIUE will be the biggest winner.

SIUE, which began playing host to the sectional semifinals last year, expects to have heavy attendance for all three games this week. SIUE can comfortably seat more than 4,000 fans, so space doesn't figure to be a big problem.

The Edwardsville-Collinsville matchup Tuesday is a natural and the Alton-Belleville East game Wednesday is a growing rivalry.

Since all four schools have a solid fan base, SIUE should find itself in a win-win situation for Friday's championship game. And having three Madison County teams in the Final Four makes the sectional most attractive.

Edwardsville and Belleville East made it to SIUE last year, but it will be a new experience for Alton and Collinsville. Perhaps the switch in scenery will change Alton's postseason luck. The Redbirds haven't won a sectional championship in 41 years.

Salem, site of the adjoining sectional, might be cast in an awkward spot. The Wildcats couldn't be blamed for wondering what's going on.

They thought No. 1-seeded Centralia and its heavy entourage of fans would be coming to town for two sectional games. However, Triad took care of the Orphans.

The Knights' 70-74 overtime win Friday at venerable Arthur Trout Gym was the surprise shot heard round Southern Illinois. It's arguably the biggest win in Triad's basketball history, especially since (See PORTER, Page 2B)

Janek named to East All-Star team

The 22nd Annual Illinois Coaches' Association/Shrine Football Game will be held at Peoria Stadium in Peoria, Ill., on Saturday, July 27, 1996.

Through the first 21 years, more than \$450,000 has been raised for the Shrine Hospital and Burn Institutes from this game.

A committee of 21 district chairmen from the Illinois Coaches' Association, headed by state football chairman John Elder of Alexis, met to select 88 outstanding high school football players for participation in this year's game. The players are nominated by

their respective coaches, then screened by the above committee.

Head coach Jim Unruh, from Carthage, will coach the West team; while Joe Marks of Arcola will coach the East Team. Each coach will greet the respective squads when they report to Eureka College on July 22 for this year's contest.

Among the group of athletes which will make up the East team are several area football players, including one from Granite City.

Chris Janek, a 6-foot-3-inch, 265-pound defensive lineman

has been chosen to play on the East All-Star team.

Janek has been invited to join other local players Robert Rose and James McGee of Cahokia, as well as Dante Stovall of Alhouth.

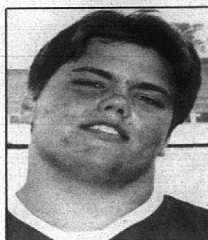
"This represents an opportunity for the best high school football players in the state to come together and play a game which will hopefully benefit them as well as the children in the Shriners program," said ICA chairman John Elder.

Assisting Marks on the East team will be coaches Alec Anderson of Kankakee, Bill Wienke of Romeoville, and

metro area standouts David Bone of Freeburg and Tim Dougherty of Edwardsville.

Among those assisting Unruh on the West team will be Mike Rude of Johnston City and Gary Vicini of Hall Township. The week prior to the game will be used in preparation. All practices and pre-game activities will take place at Eureka prior to the game.

The Shriners, from the Mohammed Shrine Temple will handle all tickets, programs, publicity and the general promotion of the game. The ICA will handle selection of the (See JANKE, Page 2B)



Chris Janek

Buchek places fourth in national wrestling finals

By Rob Raphael
Staff writer

Tony Buchek carried his success at Granite City High School to the next level, as he placed fourth in the national Junior College Athletic Association Wrestling Finals in Bismarck, N.D.

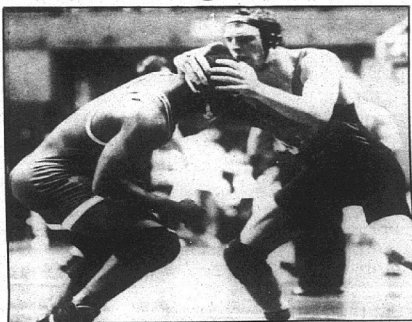
Buchek, 20, placed second in the state in his senior year at GCHS last season.

This year, he moved up only slightly to 177 pounds and finished fourth in the nation at the junior college level.

Buchek is even still a Warrior. Now wrestling for St. Louis Community College at Meramec, as a freshman, he and three other Warriors were also named to the

NCAA All-America Team for their performances at the finals. "Actually, I expected to make All-American this year," said Buchek. "I didn't know how high I could finish, but I worked hard all year and I knew I was ready."

At the juco level, there are only 10 weight classes. And Meramec, making its eleventh consecutive trip to the finals, took fight to the



Tony Buchek placed second in the state in his senior year at GCHS last season.

tournament and half of those made All-American.

"That's a pretty good ratio," said veteran coach Ron Mirikitani, now in his 26th year at Meramec. "The team did a great job, going

15-1 on the year. We finished tenth in the nation, and we were ranked about there all year. I've had the pleasure to work with a nice bunch of kids, and I'm really (See BUCHEK, Page 2B)

Wrestling Club heads to IKWF Sectionals

By Rob Raphael
Staff writer

The Granite City Wrestling Club was to compete this past weekend in the IKWF Sectionals in Vandalia. If their success is anything like what they did at the regionals, it could have been quite a weekend.

Six teams were at the regionals in Roxana. Besides the host team, the meet also included the Little Devils from Belleville, the Metro Stallions and East Alton; and the GC Clubs representing Coolidge and Grigsby.

Wrestlers at the regional competed in three classes: Senior, Novice and Junior. The GCWC Senior division team finished first, over 100 points ahead of the nearest competition and with 12 champions out of the 20 weight classes.

"AND WE HAD FOUR OTHERS PLACE second and two place third, so everybody we sent up there qualified," said GCWC coach Allen Kirgan. "The top three in the regionals went to the sectional, and the top three there go to the state tournament in Moline."

The GCWC results were as follows: At 70 pounds, Jamie Mitcherson placed first, and Jake Trtanj was first at 74. Chad Wilson was first at 84 pounds, and Gary Oxford (first) and Richie Carney (second) both placed at 89 pounds. Gary Campbell finished third at 101 pounds, and Dan Robinson was first at 108. Zach May won the 115-pound title. Dennis Narvaez won at 122 and Mark Venable did the same at 138.

Fred Beyran was first at 147, while Pat Jarman placed second in the same class. George Kirgan won at 156, and teammate Josh Pyles was right behind in second place.

The GCWC Novice squad placed second as a team, with four champions, two second, two third- and two fourth-place finishers.

Steven Bledsoe placed fourth at 62 pounds, while Steven Peach finished as the 66-pound champion. Tom Tedesco was second at 70, and Matt Morion was third at 74. Scott Carney was second at (See CLUB, Page 2B)

All-star team impresses both on and off court

By Scott Marion
Staff writer

The members of the Belleville School District 118 sixth-grade all-star basketball team have compiled some impressive numbers — not only on the court, but in the classroom.

The squad — selected as the Illinois Journals Team of the Week placed third in the consolation bracket at the Southern Illinois Basketball Association tournament, held Saturday in Centralia.

"This is the sixth year for the sixth-grade all-stars," coach Chuck Luge said of his team, which is co-sponsored by the Belleville Parks and Recreation Department and Catholic Knights and Ladies of Illinois. "Our kids are always big fish in little ponds, but in the last six years we've played schools from Centralia and Edwardsville, which are basketball hotbeds. Our junior high programs have really prospered."

"We select these kids based on their leadership in sports, their grades and their conduct. The vast majority of them are on the honor roll, but the teachers also picked some kids who did all their work and turned in all their assignments."

Members of the team are Tory Smith (Abraham Lincoln School), Brad Lanus and Neil Wester (Douglas), Calvin Brown (Franklin), Derek Grimm (Henry Raab), Andrew Junker and Mark Luge (Jefferson), Jesse Bland (Roosevelt), Zac Johnston and Paxton Rogers (Signal Hill) and Corey Ford and Kyle Zaber (Union). All schools except Signal Hill are in District 118.

Former sixth-grade all-stars now playing on the high school (See TEAM, Page 2B)

Cardinals Team of the Week



(Staff photo by SCOTT MARION)

Front row (from left): Tory Smith, Corey Ford, Calvin Brown, Paxton Rogers, Derek Grimm and Kyle Zaber. Back row: Neil Wester, Mark Luge, Zac Johnston, Andy Junker, Brad Lanus and Jessie Bland.



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SPORTS

Hockey warriors finish terrific season

•Buczek

(Continued from Page 1B)

pleased." Mirikitani said he was happy to have a couple of Granite City kids on his squad. T.J. Slay, who won the 130-pound state title at GCHS last year, is also on the Meramec Warrior team. Slay did not advance to the finals, but led the Warrior team with 35 wins.

"There's good wrestling on the Illinois side, no doubt about it," Mirikitani said. "I liked what I saw of both of them when I saw them. Tony's been such a hard worker and competitor. I couldn't be happier."

Buczek said making the switch to the junior college level was made easier by being with Slay.

"We both made our decisions to come here at the same time," Buczek said. "It's been great to have somebody you know to talk to and work with."

Besides his fourth-place finish at the nationals, Buczek also won a pair of tournament titles in Chicago this year, and also placed second in the national qualifying tournament. He also placed fourth at the prestigious St. Louis Open.

"THE COMPETITION HAS BEEN VERY TOUGH. These last few matches were the toughest I've ever wrestled," he said. "I had to wrestle smart, and give it my all in every match, but I think I did a good job of that this year. I placed in every tournament I was in."

In other words, Buczek is glad he chose to attend Meramec. In fact, he now lives in Ballwin, Mo.

"I really like it over here. I'm working with a great coaching staff, and I've learned and improved a great deal here."

Still, when Buczek first graduated from GCHS, he wasn't sure he wanted to attend college. "I just wasn't sure," he said. "But I did so well at state last year, and all these colleges just started calling me. I decided maybe wrestling in college wouldn't be a bad thing to do."

Buczek said he will make the move up to 190 pounds for next year, meaning he has some off-season weightlifting to do. Buczek was one of the smallest 177-pounders in the national tournament. He said he had no problem staying at weight, so he will need to add the poundage by working out.

"I'll be lifting some major weights during the off-season," he said. "I need to get a lot bigger, but it'll be worth it. I'm glad I made the decision to come here."

•Team

(Continued from Page 1B)

level include Wes Kennedy (Belleville East) and David Miller (Belleville West).

"Last year's sixth-grade all-stars had a combined 47-9 record as seventh-graders: 20-7 at Central and 27-2 at West Junior High," said Luge, who coaches at Central. (West coach) Jim McHaney and I are always getting asked by parents how their kids can be a part of the team.

"We have a tournament at the end of January and the junior high coaches give us a

raw list of potential players. Then we talk to the principals, the classroom teachers and the coaches. We pick at least one player from each school."

"Last year we had a tournament in Belleville and we had two teams in it. One of them finished first and the other was third."

At last weekend's tournament in Centralia, the District 118 squad lost 26-22 to Carlyle in the first round. Belleville then lost 46-33 to South Central before bouncing back with a 41-40 victory over Wood River.

•Janek

(Continued from Page 1B)

players, coaches and the management and operation of the game itself.

Tickets can be ordered by

writing to the association at "All-Star Football, Box 1331, Bloomington, IL 61702-1331." Participating schools can also give information on the game.

By Rob Raphael
Staff writer

Although the Granite City Warriors were well represented at the Mid-States Club Hockey League's All-Star Game, it wasn't enough to pull the White team even with the powerful Red team on Sunday. The Red team went on to a 3-2 win over the White team at the Webster Ice Rink, to cap off the MSCHA's week-long 25th anniversary party.

The game brings and end to the MSCHA's silver season, and an unofficial end to one of the Warriors' best years ever. The Warriors are done as far as Mid-States games go, but will travel to the Chicago area next weekend for a season-ending tournament.

Granite City coach Dave Yurkovich, because of his team's regular-season 26-3-0 record, was the honorary coach of the White team. That team, which featured only seniors, also included all-stars Aaron Reeves and Jim Conrad.

Reeves was named to the White team by the Mid-States coaches, and Conrad was one of two goalies named to the team.

"Each team can only have one player and a goaltender," Yurkovich said. "I would have liked to have seen a couple other of our seniors play, and in fact I named Chris Angle and Kevin Neminger as alternates to the team."

The game features players from Tier I and Tier II playing on the same team. Members of the Red Divisions of both tiers paired up against the White Division from each level. Members of the Blue Divisions were split up and added to the two teams.

But the two who did represent Granite City each played well. Conrad played the first half of the game in goal, and played well. Still, in a game not conducive to good defense, Conrad was peppered throughout, and gave up four goals.

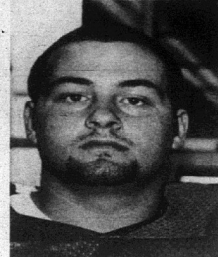
"THEY SCORED THEIR first goal at the 10:10 mark," Yurkovich said. "But up until that time, Jim stopped six or seven early good opportunities they had."

Meanwhile, Reeves picked up an assist on the White team's first goal. Reeves played mostly on a line with Mike Winter of CBC and Jason Law of Hazelwood Central.

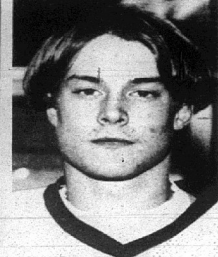
The White team actually got its first goal from defenseman Craig Miller, with Law and Reeves assisting.

"Aaron had a good game. And he also got his usual penalty with a broken stick. The box seems to be Aaron's home away from home," said a chuckling Yurkovich.

Yurkovich added that his team had a lot of great play-



Aaron Reeves



Jim Conrad

ers, but the Red team controlled the game from the outset. The Red team was without players like Jason Schneider of Rockwood Summit and John Gilbert of Webster, but still featured several Junior Blues players.

Yurkovich said the line anchored by Parkway South's Andy Croak was too much, and that line combined for four of the nine Red team goals.

"THAT LINE WAS TOUGH. They were in the middle of

everything," he said. Overall, he said the experience outweighed any wins or losses.

"It was a lot of fun. I got the chance to meet a lot of the players, and get some feedback from them," said Yurkovich. "It was actually pretty quiet on the bench. But I just told them to go out and have a good time; and just do the best they could."

"It was a pleasure being able to do something like this."

•Club

(Continued from Page 1B)

84 pounds, Larry Meyers was third at 89 and Pat Feigenbutz placed fourth at 101 pounds.

Michael Wade won the 108-pound class, and Matt Weidel was first at 130. Jacob Janek placed second at 147, while Anthony Wise was first at 166 pounds.

Michael Wade won the 108-pound class, and Matt Weidel was first at 130. Jacob Janek placed second at 147, while Anthony Wise was first at 166 pounds.

so this was the end of the season for them. As a team, the GCWC finished first overall.

•Porter

(Continued from Page 1B)

it was at Centralia. In 1969, Triad defeated Collinsville to win the Knights will never forget. But that was at St. Jacob. sure. Triad's victory gave the MVC a shot in the arm. Triad finished in a three-way tie with Clive Memorial and Roxana for fourth place in the final Valley log.

The underdog Knights (13-13), the No. 3 sectional seed, played No. 4-seeded Carbondale (20-5) at 7:30 p.m. Tuesday. MVC co-champs

Highland (23-5) and Mascoutah (23-5) square off Wednesday.

It's the cook's choice at Salem, though Carbondale is riding high. The Terriers have won 11 straight.

Highland and Mascoutah divided two games and the Bulldogs and the Indians each swept Triad, but Highland barely beat the Knights 68-47 last month.

The state finals are playing in Peoria, not Champaign, this month. Anything's possible in the Year of Transition.

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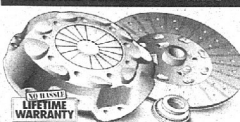
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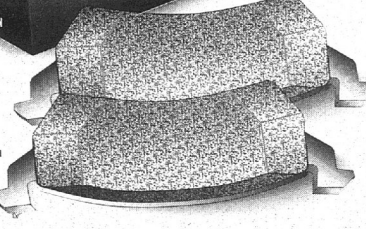
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Today's Food

Wednesday, March 6, 1996

Food & Nutrition

Wise Ways

Whole meals with lots of options are the draw from Boston Market. Are they a legitimate family alternative?
INSIDE

Heart-y Bites

Today's country cooking trades in slabs of bacon for dishes like red beans and rice that simmer with low-fat flavor.
INSIDE

Blue Ribbon Cook

Both lemon and orange flavors poke through this easy winning cake that starts with a mix.
INSIDE

Private Label Test Run

Flavorite frozen whipped topping at Dierbergs comes with lower fat, but does it have the creamy, dreamy richness of the original?
INSIDE

Micro Raves

A wholesome meal -- seafood, rice and vegetables -- can be ready from a microwave oven in 30 minutes.
INSIDE

Lively Taste

Try a little bean salad on the side of a burrito or taco. Combine 1 can (15 ounces) black-eyed peas, drained and rinsed, with 1 medium red bell pepper (diced), 2 tablespoons minced onion, 1 teaspoon minced jalapeno pepper, 2 tablespoons oil and 2 tablespoons red wine vinegar. The mixture also can be wrapped in a flour tortilla.

Health & Fitness

Medicine Chest

Some medication should not be broken in half or crushed, because it can change the way the body responds to a drug. Check with the doctor or pharmacist before cutting or crushing tablets or opening capsules.

Fresh Picks

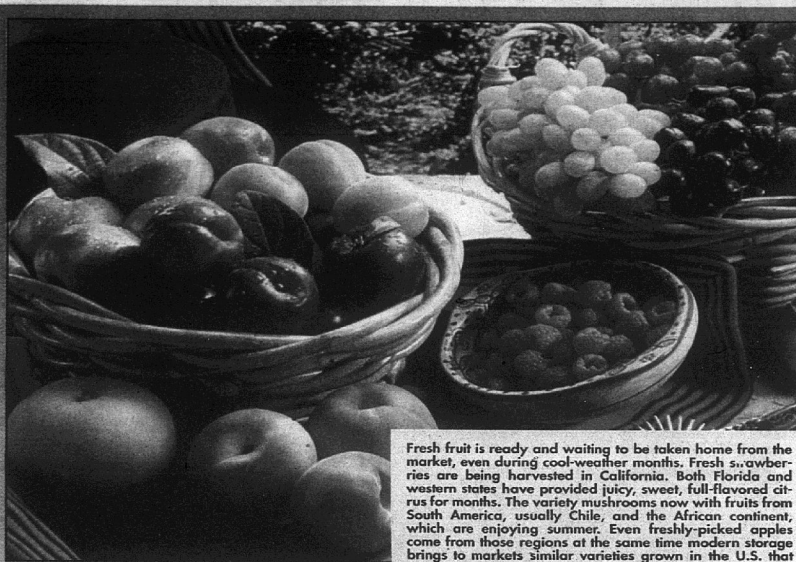
Fresh winter fruit should be treated the same as local summer varieties. If it needs ripening, put it in a paper bag, checking its progress daily. The easiest way to peel a ripe kiwifruit is to cut off both ends first, then insert a small spoon up under the peel, carefully running it all the way around the fruit just under the peel to slip it off. A peach literally slips out of its skin when it is dipped in boiling water 20 seconds. Try a potato peeler on an apple for quick progress.

Kids' Cuisine

Eating should be a pleasure for everyone at the table. Try to make conversation, not eating, the focus of a meal. Discuss everyone's day, world events, school happenings, plans for the weekend and future goals. Take turns telling stories. Be sure the timid get a chance to speak. Adults, too, at the table should share thoughts and dreams. Accentuating the positive can become a habit and help lift everyone from the daily routine.

Future Shop

Consumers expect kitchen appliances to be quieter, as well as more powerful and energy-efficient. A great difference can be seen in the cleaning ability of dishwashers. One of the tests Sears runs is putting a decorated birthday cake in a dishwasher, running the cycle and seeing if any remnants remain.



Fresh fruit is ready and waiting to be taken home from the market, even during cool-weather months. Fresh strawberries are being harvested in California. Both Florida and western states have provided juicy, sweet, full-flavored citrus for months. The variety mushrooms now with fruits from South America, usually Chile, and the African continent, which are enjoying summer. Even freshly-picked apples come from those regions at the same time modern storage brings to markets similar varieties grown in the U.S. that look as fresh in March as they were in October.

EAT SMART

By Janice Denham
Staff writer

When it comes to attempts to be healthy, the smart get eating.

A celebration of good foods in the market kicks off Nutrition Month. Sure, sprouts and tofu are among those foods, but so are apples and oranges, spaghetti and turkey breast, beans and pretzels, cereal and low-fat milk.

Registered dietitians Connie Diekman and Mary O'Bryan head this year's Eat Smart Recipe Contest, sponsored by the St. Louis Chapter of the American Heart Association and Suburban Journals. Better eating habits are easy to come by, although it may take an initial commitment to earn them, they say.

"People can get out of the mind-set that if it tastes

good, obviously it isn't good for you," Diekman says.

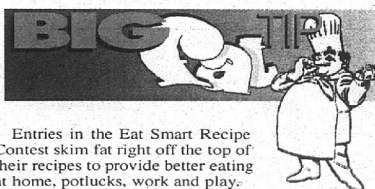
Many people have made a start toward wiser eating that emphasizes fruits, vegetables, grains and lower-fat protein sources. She likens the process to a bit of work.

"It's kind of like climbing a mountain. You get halfway up, but there is still a challenge and you need an extra boost for more commitment to ways to feel, act and look better," she says.

She looks at March with its beginning of a new spring season as an impetus to initiate the climb -- one step at a time.

"If you start in the spring, by winter next year you won't quit because it is a habit," she says.

SEE EAT SMART, INSIDE TODAY'S FOOD PAGE 2



Entries in the Eat Smart Recipe Contest skim fat right off the top of their recipes to provide better eating at home, potlucks, work and play.

The American Heart Association,

St. Louis Chapter, and Suburban Journals want to know what foods you eat or cook that fill your plate with delicious, healthful eating.

Categories have been chosen to keep in tune with the warmer days ahead, for impetus that can propel readers into healthier eating habits. To enter the Eat Smart Recipe Contest, send a single recipe in one or in each of these four categories:

- **Appetizer:** It is easy to get carried away with gooey, fatty dips and chips. Tell ways you tone up the appetizer tray.

- **Pasta:** One of the best-kept secrets of the eating-healthy crowd is this food people love is a handy vehicle for filling up without gorging on high-fat ingredients. Pasta recipes served hot or cold will be considered.

- **Fruit:** Colorful, fat-free, juicy and delicious, the array and uses of fruit are endless.

- **Special Occasion Dessert:** This can be simple or drop-dead luscious, preferably made without fruit as its main ingredient. Remember it is almost spring, so no one wants to stew around all day in the kitchen waiting for dessert, although it may finish on its own in the refrigerator or at room temperature.

Recipes should keep fat, cholesterol and sodium low, contain few ingredients, conserve preparation time as

Eat Smart Recipe Contest

Sponsored by American Heart Association, St. Louis Chapter, & Suburban Journals

Submitted by:

Name: _____

Address: _____

Phone: _____

Recipe Category or Categories
(one entry per category, per household, please)

☐

Appetizer

☐

Fruit

☐

Pasta

☐

Special Occasion Dessert

Mail with recipe by March 26 to:

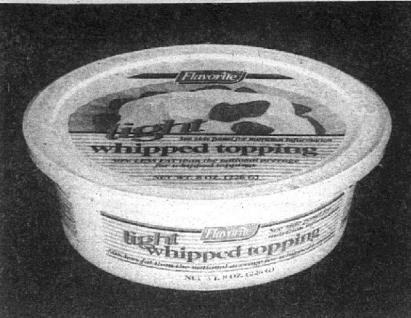
Eat Smart Recipe Contest
Suburban Journals
1714 Deer Tracks Trail
St. Louis, Mo. 63131

much as possible, and call for everyday ingredients. Extra consideration for prizes is given entries that include a second, less heart-healthy recipe on which the heart-smart recipe is based.

Send them by March 26 to: Eat Smart Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Today's Food

Private Label Test Run



A dollop of reduced-fat whipped topping gives dessert an extra layer of creamy sweetness.

Frozen topping has creamy flavor

Frozen whipped topping is a kitchen staple in many homes for desserts.

Flavorite light whipped topping at Dierbergs, like a national brand, has less than half the fat of the regular variety. At 99 cents for an 8-ounce carton, it costs 40 to 50 cents less than national brands at the same store.

Testers gladly topped cherry cake with it.

"I wouldn't have known it from a national brand. It had good texture and wasn't too sweet," a taster said.

Several mentioned its characteristic richness without seeming to miss the extra fat.

"It was light, fluffy and didn't taste like there was

anything missing," one of the men said.

"I liked its low fat content," another taster said. "It had more of a creamy flavor than the specific flavor of the (national brand). I liked that, too," she added.

Another taster said she prefers whipped cream, but usually doesn't have time to fix it. Her children, on the other hand, actually prefer prepared whipped topping, so she would "definitely" get it.

She was not the only one ready to add it to her shopping list. "I think it tastes very rich and would definitely buy it," was a tester's summation.

Blue Ribbon Cook

Orange, lemon mesh in cake

Elizabeth Fox Gibler, Columbia, Ill., is this week's winner of dinner certificates to the Pasta House Co. for Harold's Favorite Orange Cake.

Deadline for this month's Potluck Dessert Recipe Contest is March 31. A single entry to the contest for any kind of dessert appropriate for toting to a potluck dinner can be sent to: Potluck Dessert Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

gelatin
3 eggs, slightly beaten
1/4 cup oil
1 cup water
3/4 cup frozen orange juice concentrate
1 cup confectioner's sugar
Preheat oven to 350°. Grease and flour 13-by-9-inch baking pan.
Mix together cake mix, gelatin, eggs, oil and water. Evenly pour into prepared pan.

Bake in preheated oven 45 minutes or until toothpick inserted in center comes out clean.

Combine orange juice concentrate and sugar. While cake is still hot, poke holes with tines of large fork in cake. Pour juice mixture over cake. Serve warm or chilled. Makes 12 to 16 servings.

HAROLD'S FAVORITE ORANGE CAKE

1 pkg. (2 layer) white cake mix
1 pkg. (8 servings) orange

Eat Smart

Continued from page 1C. She looks at March with its beginning of a new spring season as a spark to initiate the climb — one step at a time.

"If you start in the spring, by winter next year you won't quit because it is a habit," she says.

Diekmann thinks people are getting the message that they should eat more meals with lean poultry, seafood and beans rather than meat high in saturated fat. That means they are choosing pasta with red sauce, chili with more beans than meat, and seafood more often. They also are adjusting desserts and snacks to include more vegetables and fruits.

"They need to move toward less fat slowly and gradually. Sometimes they are afraid they will fail, so they don't begin. No food is black or white, bad or good. With a bit of change toward better ingredients and controlling portions, they can eat foods they

love, at least occasionally," she says.

Here are tips for moving up that mountain of smart eating step by step:

• The time for fresh fruits is now. Use them for appetizers and desserts. In a dish that already has them, use more. Diekmann puts them at the top of the spring list for refreshment any time of day, particularly when the seasonal urge to move and exercise makes the body thirst for replenishing its supply of liquids and carbohydrates for quick energy.

• Give in to the urge to move and even exercise. This is another time the climb should be done slowly, so less-used muscles learn to move again after the winter.

• When using dairy products, try lower-fat ones. If already using reduced-fat sour cream, ice cream, milk, cheese or yogurt, slip in a nonfat variety now and then. A good habit may become a better one.

Micro Raves

30-minute meal leads march in easy cooking

Today's life is hectic. Few families sit down to dinner a la Ozzie and Harriet or the Cleavers. Purchased fast food is often the typical evening fare because the person responsible for preparing dinner has been at work inside or outside the home all day.

The end result is not good. A diet mostly consisting of processed and convenience foods is usually high in fat and sodium and lacks complex carbohydrates found in fruits, vegetables and grains.

This can lead to a deterioration of health. Americans are more overweight than ever before, a factor in chronic illness, like heart disease and diabetes, both of which affect the general population in great numbers.

March, National Nutrition Month, is an excellent time to take stock of one's eating and make modifications at a time for healthy living. One solution is to prepare meals with fresh ingredients at home. With minimal time available for meal preparation, how can this be done?

A combination of good planning and a microwave oven is the key to success.

Betty Serati specializes in

microwave cooking.

ORANGE SOLE

1 lb. sole filets
2 tsp. orange juice concentrate
2 tsp. lemon juice
1/4 tsp. parsley flakes
1/4 tsp. dill weed
4 thin slices orange

Arrange fish in 7-by-11-inch glass dish.

Combine orange juice, lemon juice, parsley and dill. Pour over fish. Marinate 30 minutes, turning over fish once. Drain, reserving marinade.

Cook fish, covered, on high power 4 minutes. Add marinade and orange slices. Cook, covered, on high power 45 seconds or until well heated through. Makes 4 servings, about 125 calories each.

QUICK RICE PILAF

2 tsp. butter or margarine
1/4 cup chopped celery
1/2 cup chopped mushrooms

1/4 cup slivered almonds
1 tsp. beef bouillon granules
1 1/2 cups water
1 1/2 cups quick-cooking rice
2 tsp. minced parsley

In 1 1/2-quart casserole, combine butter, celery, mushrooms and almonds. Cook on high power 2 to 3 minutes. Mix in bouillon and water. Cook, covered, about 3 minutes until water boils.

Stir in rice. Let stand, covered, 5 to 7 minutes. Stir in parsley. Makes 4 servings.

TANGY BRUSSELS SPROUTS

1 lb. (4 cups) fresh Brussels sprouts
1 tsp. water
1 tsp. butter or margarine
1/2 tsp. lemon juice
1/2 tsp. grated parmesan cheese

In 1 1/2-quart glass casserole dish, combine Brussels sprouts and water. Cook 8 to 9 minutes on high power until almost tender. Drain. Add butter. Cook 1 minute longer.

By CINDY BERNER

Heart-y Bites

Friendship, cooking style simmer over pot of beans

My friend, Madge, grew up on "good country cooking," traditionally big on flavor but also high in fat. When our families get together for dinner, we solve our different poles of cooking heredity by delegating dessert to Madge and salad to me.

Our opinions about how much fat food should contain may vary, but we both have a passion for good food. After years of exchanging recipes with Madge, I have found many of her family favorites can be modified without undue effort, while their delicious core remains true to taste. At our last dinner together, Madge served up Red Beans and Rice, a perfect example of a low-fat dish with a world of flavor. While she ladled the thick, beany broth over a steaming bowl of rice, she

explained its route to her. "My sister, Lisabeth, lived in New Orleans for three to four years and got this recipe from a long-time New Orleaner. It was prepared on Mondays, which was laundry day," she said.

Core to the new U.S. Dietary Guidelines and the American Heart Association guidelines is an emphasis on limiting the amount of meat we eat and using more low-meat dishes. The reason is that meat is the biggest carrier of saturated fat into our diet. By focusing on more plant-centered foods, saturated fat is limited and more complex carbohydrates and fiber-rich foods — like beans, whole grains, fruits and vegetables — are included. Registered dietitian Cindy Berner is a member of the nutrition committee of the American Heart Association.

tion, St. Louis Chapter.

RED BEANS AND RICE

1 lb. dry kidney beans, washed, soaked overnight
1 lb. reduced-fat smoked sausage (3 g fat or less per serving)
Cayenne pepper to taste
8 medium onions, cut in large chunks
1 head garlic (9 to 10 cloves), minced
4 cups cooked rice

Drain and rinse beans. In large soup pot, cover beans with 8 cups water. Add sausage, pepper, onion and garlic. Simmer, covered with lid ajar, 4 to 6 hours.

Wise Ways

By CAROL SCHLITT Eatery makes mom proud

Boston Market, a new restaurant chain to the Midwest, is the fastest-growing retail food service company in the U.S. On average, more than one new store opens somewhere in the U.S. every business day.

What is its secret? Boston Market provides a new approach to fast food by specializing in high-quality, convenient meals that feature homestyle entrees. They also have fresh vegetables, salads and other side dishes, including mashed potatoes made from scratch.

With less than 20 percent of all U.S. households having a stay-at-home mom, Boston Market tries to give consumers fast home-cooked meals like mother used to make. Individual meals, as well as entire family-style meals, are available for eat-in or carry-out service.

Conscious of consumer desires to have home-cooking with less fat, Boston Market strives to keep a large portion of its menu devoted to lower-fat options. Currently it offers 14 menu items considered low in fat. Some of the low-fat entree items are the one-quarter chicken, white meat without skin or wing, skinless turkey breast, chicken soup and chicken or turkey sandwich without cheese or sauce. Many of their vegetable and fruit sides are also low in fat.

One side, though, that is not low in fat is its creamed spinach. I happen to love creamed spinach and was shocked that this tasty vegetable has 300 calories, 220 of them coming from fat. Worst of all, 15 grams of that fat — about three-fourths of all the saturated fat an adult should eat in one day — is saturated fat. Thus, the restaurant has items at both ends of the spectrum.

Fortunately, there are so many other side dishes low in calories, as well as fat, that there are plenty of alternatives. Healthy sides include new potatoes, steamed vegetables, zucchini marinara and butternut squash.

Many meal combinations offer both great taste and are lower in fat. For example, choosing a one-quarter chicken white meat (removing skin and wing) with new potatoes, steamed vegetables and whole kernel corn is only 590 calories.

Certified family and consumer scientist Carol Schlitt is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Edwardsville Extension.

FRESH FRUIT SALSA

2 ripe nectarines, diced, peeled if desired
1 large or 2 small ripe red or black plums, diced with skin
1 1/2 tsp. lemon juice
1 tsp. honey
3/4 tsp. grated fresh ginger root
1/8 to 1/4 tsp. crushed red pepper flakes
Salt, if desired

In bowl, combine nectarines, plums, lemon juice, honey, ginger root, red pepper and salt.

Chill at least 2 hours before serving. Should be used within 48 hours.

Serve with seafood or chicken. Makes 3 cups; 50 calories, 0.4 g fat, 12 g carbohydrate and 1 g dietary fiber per 1/2-cup serving.

SPICY PEAR AND APPLE SALSA

2 small firm-ripe pears, peeled, diced
2 small granny smith apples, diced with skin
1/2 cup finely chopped red onion
2 cups chopped fresh cilantro
2 tsp. lemon juice
1 tsp. rice vinegar
1 1/2 tsp. sugar
1 clove fresh garlic, finely chopped
1/4 tsp. salt, if desired
1/8 to 1/4 tsp. crushed red pepper flakes

In bowl, combine pear, apple, onion, cilantro, lemon juice, vinegar, sugar, garlic, salt and red pepper. Chill at least 2 hours before serving. Should be used within 48 hours.

Especially good with seafood or chicken. Makes 3 1/2 cups; 50 calories, 0.3 g fat, 13 g carbohydrate,

90 mg sodium and 2 g dietary fiber per 1/2-cup serving.

CREAMY CARAMEL-TOPPED APPLES

1 pkg. (8 oz.) fat-free cream cheese, softened
3/4 cup packed dark brown sugar
1 cup fat-free sour cream
2 tsp. vanilla
2 tsp. fresh lemon juice
1 cup skim milk
1 pkg. (4 servings) instant vanilla pudding mix
7 apples, peaches or plums, thinly sliced

In large bowl, mix cream cheese and brown sugar until smooth. Add sour cream, vanilla, lemon juice, milk and pudding mix, beating well after each addition. Chill, covered, at least 1 hour before serving.

There's a new kid on the block in the seafood case — Alaskan pollock. Actually, pollock has been around for years, mainly in surimi (imitation crab) seafood products. However, more and more pollock is available in whole fillets, from the frozen seafood department or freshly thawed in the seafood case.

Mildly flavored with a delicate flake and snow white color, pollock is similar to cod, which makes it delicious fare for people new to eating seafood.

Starting with a little knowledge makes buying easier. Pollock is exceptionally lean, with only 1 gram fat per three-ounce portion. Lean fish freeze exceptionally well. Do not be afraid to buy frozen fillets in clean, well-frozen packages.

Thaw it slowly overnight in a refrigerator. Never thaw seafood at room temperature, nor cook it from a frozen state. When buying freshly thawed seafood, look for fillets that look shiny and moist. Do not be afraid to ask for a quick sniff of the fillets before they are wrapped. Pollock should have a fresh, pleasant smell — never strong or "fishy."

Sauteing is an easy method for cooking thin fish fillets like pollock. In a skillet over medium-high heat, the high heat sears and browns the outside while sealing moisture inside.

There is a single simple rule to remember: Cook fillets 10 minutes per inch of thickness, measured at the thickest part. That means pollock ½-inch thick takes only five minutes to cook.

A moderate amount of butter or oil is needed to keep the fish from sticking to the pan. Very little fat is needed in a nonstick skillet. Fish should be flipped about halfway through cooking to brown both sides evenly. Do not crowd the pan or the fish steams without browning. For a batch larger than the pan, cook it in two batches.

2 tbsp. butter or olive oil
Salt and pepper to taste
2 (4 to 6 oz. each) pollock
fillets, thawed if
necessary
Lemon wedges, if
desired

In large skillet over medium-high heat, melt butter. Season pollock on both sides with salt and pepper.

Place fish in pan. Cook 10 minutes per inch of thickness, measuring at thickest part, or until fish just flakes when tested with fork.

Flip pollock halfway through cooking to brown both sides.

6 tbsp. butter
4 (4 to 6 oz. each) pollock
fillets, thawed if
necessary
Salt and black pepper
½ cup chopped walnuts
1 tbsp. lemon juice
2 tsp. grated lemon zest
¼ to ½ tsp. cayenne
pepper
Snipped chives

In large nonstick skillet over medium heat, melt 2 tablespoons butter. Season pollock with salt and black pepper.

Saute 10 minutes per inch of thickness, measuring fillets at thickest part. Turn over once. Remove fillets from skillet and keep warm.

Add remaining 4 tablespoons butter, walnuts, lemon juice and zest, cayenne pepper and chives to skillet. Cook until butter is melted and walnuts are lightly toasted.

Spoon sauce over fish to
serve

Makes 4 servings; 374 calories, 30 g protein, 27 g fat.

Note: Using 2, instead of 4, tablespoons butter in the sauce reduces the fat to 21 grams per serving.

The snowbirds — those smart people who go south to escape winter's chill — have not returned yet. When they do, they'll remember their warm hideout with Chili Salsa Beef.

to prepare it can be doubled for a welcome reheating a couple days later. Start with a beef chuck pot roast and cut it in 1¼-inch pieces, or buy the beef precut under the label

Brown the beef, then add chunky salsa as hot as

desired, brown sugar, soy sauce and garlic — ingredients that are easy to find and keep. No attention is needed while it simmers to fork tenderness. Stir in chopped cilantro and lime

This contemporary dish

will win rave reviews. Spoon it over rice and serve it with hot cornbread and a salad of greens. Add sliced fresh apple or pear for sweet relief at the end of the meal.

of the local.

soy sauce
1 clove garlic, crushed
1/3 cup coarsely chopped
fresh cilantro
2 tbsp. fresh lime juice
2 cups hot cooked rice
Cilantro sprigs

1 lime, cut in quarters
(optional)

boil. Reduce heat to low. Cover tightly. Simmer 1 hour.

Continue cooking, uncovered, 30 minutes longer or until beef is tender.

Remove from heat. Stir in chopped cilantro and lime juice.

Spoon beef mixture over rice. Garnish with cilantro sprigs and lime quarters.

Makes 4 servings; 446 calories, 38 g protein, 44 g carbohydrate, 12 g fat, 607 mg sodium and 106 mg cholesterol each.

flour. Sifting is optional. There may be a change in texture of the finished product.

When a recipe calls for cake flour but there is none on hand, use 1 cup minus 2 tablespoons all-purpose flour in place of each cup of cake

1½ lb. boneless beef chuck
1 tbsp. olive oil
1 cup medium or hot
chunky salsa
2 tbsp. packed brown
sugar
1 tbsp. reduced-sodium

Trim fat from beef. Cut beef in 1¼-inch pieces. In Dutch oven, heat oil over medium heat until hot. Evenly brown beef, half at a time, while stirring occasionally.

Pour off drippings.

Stir in salsa, sugar, soy sauce and garlic. Bring to

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Veal Cutlets with Mushrooms and Polenta is a perfect meal for entertaining. Made with readily available veal cutlets, this meal can be prepared and served in about 30 minutes, so there is plenty of time to spend with guests.

Veal cutlets are ready to cook, needing no extra preparation at home. They can be sautéed in less than five minutes.

Add flair to the menu with a combination of mushrooms — such as brown, shiitake or portabel-

lo — or stick to the basic button variety. They, too, can be prepared in a couple minutes. A dash of Italian seasoning and black pepper add flavor to both the cutlets and mushrooms.

Polenta may sound exotic, but this easy three-ingredient microwave recipe is convenient enough for anyone. It needs stirring only once during cooking and results are foolproof and delicious. Creamy, soft polenta is guaranteed.

Just add a green salad to round out the menu. Biscotti — Italian twice-baked cookies — can be bought to serve with coffee for dessert. Make the coffee almond-flavored to accentuate their flavors.

VEAL CUTLETS WITH MUSHROOMS

- 1 lb. veal leg cutlets, cut 1/8 to 1/4 inch thick
- 3 cups (about 8 oz.) sliced mushrooms
- 3 tsp. olive oil
- 1 tsp. water
- 2 tsp. minced parsley
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. cracked black pepper

Pound cutlets to 1/8-inch thickness, if necessary. Combine parsley, Italian seasoning, salt and pepper. Rub both sides of veal cutlets with half the mixture. Toss mushrooms with remaining seasoning mixture.

Meanwhile, prepare Polenta.

In large nonstick skillet over medium heat, heat 1 teaspoon oil until hot. Cook veal, half at a time, 2 minutes on each side or until cooked through. Remove veal. Keep warm. Repeat with remaining veal and 1 teaspoon oil.

In same skillet, heat remaining 1 teaspoon oil until hot. Add mushrooms. Sprinkle with water. Cook, stirring frequently, 2 minutes or until mushrooms

are just tender. Spoon mushrooms over veal. Serve with Polenta.

POLENTA

- 1 can (about 1 1/2 oz.) ready-to-serve vegetable broth
- 6 tbsp. yellow cornmeal
- 1/4 cup (1 oz.) shredded fontina or mozzarella cheese

In 1-quart microwave-safe dish, combine broth and cornmeal. Microwave, covered, on high power 9 to 10 minutes until smooth and thickened, stirring once.

Stir in cheese. Let stand, covered, 2 minutes.

Serve immediately, or let stand, covered, up to 10 minutes.

Makes 4 servings of meat, mushrooms and polenta; 256 calories, 28 g protein, 33 g carbohydrate, 10 g fat, 841 mg sodium and 86 mg cholesterol each.

Wedding Memories

A special tribute to couples wed from 1900-1996 will appear in the Classified section on Sunday, March 24.

Honor your parents or friends or relive your own memories by placing a special tribute in this special section. The deadline is Monday, March 18th, and the price is the year the couple was wed. For example: If you were married in 1923, the cost of the ad would be \$19.33. To submit your tribute, complete the form below, include photograph & payment and mail to Suburban Journal, 1714 Deer Tracks Trail, St. Louis, MO 63131. Please put your name and address on the back of the photos so that we may return them. If you have any questions, please call us at (314) 966-FAST (3278).



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March is National Nutrition Month. It is not just a nagging reminder everyone should eat better, but a celebration of all the good foods Americans consume. As a nation of immigrants, people have heritages of diverse wholesome ethnic cuisines that provide variety and balance to all those foods.

A culinary heritage weaves both foods and flavors. Some versions of popular ethnic dishes are high in fat and calories. This is true often of fried items or recipes made with cheese, cream or butter.

On the other hand, many dishes include foods like beans, grains, fresh vegetables, fruit and lean meats, which rank high nutritiously. The key is to use the

unique spices and flavors of ethnic cuisines in preparing low-fat versions of these dishes.

Where would Italian cooking be without the flavors of basil, oregano, rosemary, sage and parsley? What would Mexican fare be without cilantro, chili pepper, garlic and lime juice? Indian food often needs mint, curry and cumin to be Indian. Virtually fat-free ingredients give foods ethnic identity, too, and can be applied to widely varied dishes that are lean and low in calories.

Consider vegetables. Europeans eat nearly twice as much produce as Americans and the people of Asia and Africa eat even more.

Expanded and upgraded produce sections of supermarkets offer varieties of fresh fruits and vegetables — both native to America and from foreign lands — that expand flavor horizons.

Grains used in ethnic cooking — tabouleh, kasha, polenta, couscous, pasta and pilaf — are great ways to reach the food pyramid goal for daily carbohydrates in new and interesting ways. Most international meals have vegetables and grains — rather than meat — as the main focus.

Registered dietitian Melanie Polk is director of nutrition education for the American Institute for Cancer Research in Washington.

FIESTA CHICKEN WITH SALSA

4 (3 oz. each) chicken breast halves, boneless, skinless
1/2 cup flour
1/4 tsp. garlic powder
1/4 tsp. paprika
1/4 tsp. chili powder
Pinch pepper
1 tbs. oil
1/4 cup (1 oz.) shredded part-skim mozzarella cheese
1/2 cup salsa

Flatten chicken breasts between 2 pieces of waxed paper until they are 1/4-inch thick. Combine flour, garlic powder, paprika, chili powder and pepper.

In skillet over medium heat, heat oil. Dredge chicken in flour mixture. Cook in oil about 4 minutes on each side until it is no longer pink inside. Lower heat.

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FEELING FIT

By Mark Lymberopoulos

When icy roads, cold winds and heavy clothing make outdoor training uncomfortable, many runners opt for an indoor track or treadmill. Plan at least an hour for a workout, with plenty of time for stretching. It helps to have a partner to take turns setting the pace.

Regular exercise helps ward off strokes and other cardiovascular risks. A National Institute of Health study found a "graded effect": the more intense the workout, the higher the benefits—but even moderate activity helped.

Red meat isn't necessarily a no-no. Extra-lean pork, such as pork tenderloin, gets only 26 percent of its calories from fat. Buying beef, look for lean "select grade" cuts.

Tighten the buttocks with a "cat." Get on all fours, with back flat and thighs perpendicular to the floor. Then squeeze buttocks as tight as possible, slowly tucking the tailbone under into a pelvic tilt. Hold for 3 seconds, then relax. Start with 25 reps, work up to 50.

Trim and slim where you want to. Our expert trainers will help with the best exercises for your body at

RT. 157/1-70 Collinsville 344-3095

HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN

HIT-N-RUN FOOD STORE
Ad Good March 5 thru March 11
STAY IN YOUR CAR
LEAVE THE WALKING TO US!
We Reserve The Right To Limit All Sale Merchandise
WE ACCEPT FOOD STAMPS AND MANUFACTURERS COUPONS

A HUMMDINGER OF A DEAL
32 oz. Fountain Soda & a Nestle Candy Bar for 99¢

KING TUT'S 99¢ SALE

MUG ROOT BEER * DR. SLICE * PEPSI * DIET PEPSI * MTN DEW

1.09 2 LITER BOTTLE **3.19** 12 PACK CANS

VIVA 2% MILK **HALF GALLON 89¢** **VITAMIN D MILK**

SKIM MILK **SUPER SAVE YOUR CHOICE** **ORANGE JUICE**

CASTLE SPRINGS 1 LITER BOTTLE 59¢

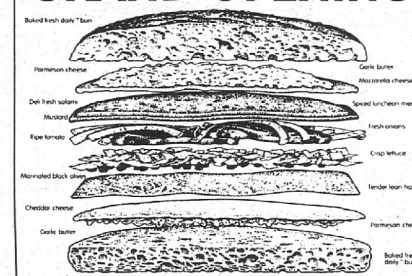
BUDWEISER BUD LIGHT 6.99 **HIGH LIFE 99¢** **KEYSTONE 4.29**

SWISS STYLE YOGURT 4 FOR 99¢

GUYS PRETZELS ALL VARIETIES BUY ONE, GET ONE FREE **North Star FUDGE BAR DREAM BAR TWIN POP 19¢** **HERSHEY'S CANDY BARS 2 FOR 89¢**

HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN

THE WORLD'S MOST ORIGINAL GRAND OPENING



Open a Schlotzsky's Original Sandwich and See for Yourself!

Schlotzsky's Deli

NOW OPEN AT
6208 N. Illinois Street
Fairview Heights, IL 62208
(618) 628-EATS or FAX (618) 628-3437

Schlotzsky's Deli
Original Taste. Every Day.
50¢ 75¢ \$1.00
OFF 1/2 OFF 1/2 OFF
ANY SMALL SANDWICH
ANY REGULAR SANDWICH
ANY LARGE SANDWICH
ANY REGULAR SOUP
ANY REGULAR CRUST PIZZA
Expires 3/30/96

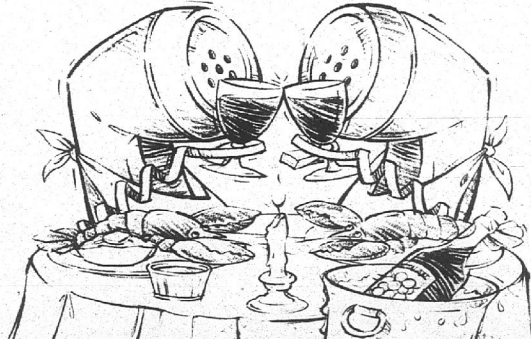
Schlotzsky's Deli
Original Taste. Every Day.
75¢ OFF
ANY REGULAR SANDWICH
ANY REGULAR SOUP
ANY REGULAR CRUST PIZZA
Expires 3/30/96

Dial Up A Dining Partner.

Call one of our Voice Personals.
Or "browse" through several.
In very little time and for very little money, you'll hear a lot of very nice people tell you what they're like.

Maybe even what they like to eat.
You might hear something that will whet your appetite to learn more.

Listen to the Personals.



You can experience
Voice Introduction Personals™
every week in the
Suburban Journals

CASH When You Need It...
\$200⁰⁰ & UP
 • Unexpected Emergencies • Special Needs • Bills
 • Car Repairs • Medical Expenses • Gift Giving
Payment Plans That Fit Your Budget

SECURITY FINANCE
You Need Cash
 225 N. Illinois
 1-800-368-3683

ART TIME
son, Woodland
day (Fridays),
at raises and
only in person:
1-246-1400

ons in a small
telling. Ability to
be 60WPM,
ity with medical
ology, and
and communication
required. Prior
experience a
Excellent bene-
package. Send
and salary his-
:
Office Manager
Over Tracks Trail
MO 63131

Mgrs. Office:
64 Abel Court (270 & 1)
931-5933

Now Open!

AT THESE FORMER PRICE CHOPPER LOCATIONS

- Arnold AT 1253 WATER TOWER PLACE
 - Central City Center AT 10817 OLD HALLS FERRY
 - Mayfair Plaza AT HWY. 367 & PARKER ROAD
 - Florissant AT PADDOCK PLAZA ON N. LINDBERGH
 - Ellisville AT 15892 MANCHESTER ROAD
 - Woodson Terrace AT 4140 WOODSON TERRACE ROAD
- SORRY-SOME ITEMS MAY NOT BE AVAILABLE YET AT THESE NEW STORES. PLEASE BEAR WITH US. THANKS FOR YOUR PATIENCE

Shop 'n Save

TOTAL VALUE

Shop 'n Save
Skim Milk

1.98
GALLON



R•F Spaghetti

89¢
24-OZ. PKG.

ASSORTED VARIETIES
Nabisco
Oreo Cookies

2/\$4
20-OZ. PKG.

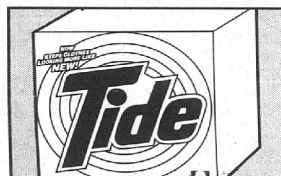


Cottonelle White
Bath Tissue

99¢
4-ROLL

ASSORTED VARIETIES
Guy's
Tortilla Chips

2/\$3
14.5-OZ. BAG

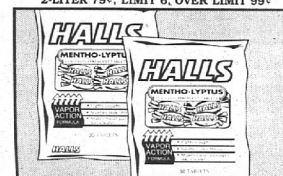


ASSORTED VARIETIES
Tide Powder
Laundry Detergent

4.99
98-110 OZ. PKG.

Coke, Diet Coke,
or Sprite

4.88
24-PACK
12-OZ. CANS
2-LITER 79¢, LIMIT 6, OVER LIMIT 99¢



ASSORTED VARIETIES
Halls Cough
Drops

2/\$1
30-CT. PKG.
LIMIT 2 WHILE SUPPLIES LAST

SHOP 'N SAVE
Split Top
Wheat Bread..... **99¢**
20-OZ. LOAF

Shop 'n Save
Mac & Cheese..... **4/\$1**
7-OZ. PKG.

Shop 'n Save
Saltine Crackers **69¢**
16-OZ. BOX

Post Waffle
Crisp Cereal.... **1.99**
13.7-OZ. BOX

SELECTED VARIETIES
Famous Amos
Creme Cookies **99¢**
20-OZ. PKG.

FRENCH ROAST OR PAC
Maxwell House
Coffee..... **5.99**
36-39 OZ. CAN

ASSORTED VARIETIES
Keebler Chips
Deluxe Cookies.. **1.98**
16-18 OZ. PKG.

ASSORTED VARIETIES
Ruffles
Potato Chips..... **3/\$5**
14-OZ. BAG

ASSORTED VARIETIES
Ultra Dawn
Dish Detergent.... **2/\$4**
28-OZ. BTL.

ASSORTED VARIETIES
Squeeze-It
Drink..... **99¢**
6-PACK



ASSORTED VARIETIES
LIQUID LAUNDRY
Ultra Tide
Detergent..... **5.97**
90-100 OZ. BTL.

LIQUID
Downy Ultra
Fabric Softener **2.99**
40-OZ. BTL.

ASSORTED VARIETIES
Cascade Auto
Dish Detergent.. **2/\$4**
50-OZ. PKG.

SELECTED VARIETIES
SEASONS BEST
Tropicana
Juice..... **2/3.95**
64-OZ. CTN.

ASSORTED VARIETIES
Sunny
Delight..... **99¢**
84-OZ. BTL.

SELECTED VARIETIES
Sargento
Shredded Cheese **2/\$4**
8-OZ. PKG.

LARGE PACK, STRETCH
ASSORTED SIZES
Pampers
Diapers..... **16.99**
86-108 CT. PKG.

ULTRA OR BIG SQUEEZE
Charmin
Bath Tissue..... **3.99**
9-ROLL PKG.

ASSORTED VARIETIES
Bounty Paper
Towels..... **3/\$4**
1-ROLL

Calico
Lighters **2/\$5**
5-PACK

We Discount All Pre-Priced Products Every Day!

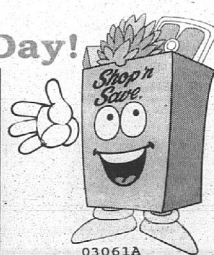


ALL GREETING
CARDS
DISCOUNTED
20%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL BOOKS
& MAGAZINES
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL BAG
SNACKS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL ENTENMANN
& HAAS ITEMS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE



03061A

The Best

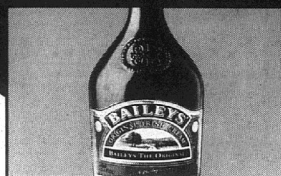
Shop 'n Save Liquor Dept. VALUES!



LIGHT, ICE, ICE LIGHT OR
Budweiser Beer

647

12PACK
12-OZ. CANS



REGULAR OR LIGHT
Bailey's
Irish Cream

1499

750-ML. BTL.

Liquor Prices Good at Illinois Stores Only. Some items not available at all stores.

Shop 'n Save Health & Beauty VALUES!



SHAMPOO OR CONDITIONER
Salon Selectives

199

15-OUNCE
BOTTLE



ASSORTED VARIETIES
Crest Toothpaste

199

6.4-OUNCE
PACKAGE

O'Doul's
N.A. Beverage... **597**

12/12-OZ. CANS

Michael Shea's
Irish Ale... **2/\$7**

6-N/R BTL.

Killian's
Beer... **399**

6-N/R BTL.

Coor's Light
Beer... **799**

18/12-OZ. CANS

Red Wolf
Beer... **2/\$7**

6-N/R BTL.

Natural Light
Beer... **419**

12/12-OZ. CANS

CONCORD OR BLACKBERRY
Mogen David
Wine... **2/\$5**

750-ML. BTL.

SELECTED VARIETIES
Franzia
Wines... **699**

5-LTR. BOX

Turning Leaf
Chardonnay... **599**

750-ML. BTL.

SELECTED VARIETIES
Paul Masson
Wine... **2/\$5**

1-LTR. CARAFE

WHITE ZINFANDEL
Beringer
Wine... **2/899**

750-ML. BTL.

OUR LOW SALE PRICE \$10.99
Kentucky
Tavern... **799**

1.75-LTR. BTL.

AFTER \$3.00 MAIL-IN REBATE
LIGHT OR DARK
Bacardi
Rum... **749**

750-ML. BTL.

Canadian
Club... **889**

750-ML. BTL.

OUR LOW SALE PRICE \$13.99
Passport
Scotch... **1099**

1.75-LTR. BTL.

AFTER \$3.00 MAIL-IN REBATE
Kamchatka
Vodka... **799**

1.75 LTR. BTL.

OUR LOW SALE PRICE \$7.49
O'Mara's
Irish Cream... **349**

750-ML. BTL.

AFTER \$4.00 MAIL-IN REBATE
Please-Drink Responsibly
Don't Drink & Drive

Barbasol
Shave Cream... **79¢**

11-OZ.

3.5-OZ. PUMP OR
5.2-OZ. REFILL
Mentadent
Toothpaste... **269**

Vaseline Intensive
Care Lotion... **259**

10-OZ.

NOT INCLUDING
TAPE OR GUAZE
All Curad
Bandages... **33%**

OUR EVERYDAY LOW PRICE

Icy Hot
Rub... **199**

1.25-OZ. TUBE

Clear Eyes... **279**

.5-OZ. PKG.

Bakery, Seafood & Deli Dept. VALUES!

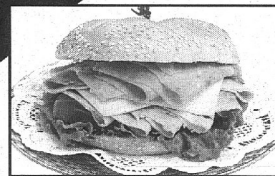
Bakery, Deli,
& Seafood not
available at
all stores



ALL VARIETIES
Fresh Baked
Bagels

299

12-COUNT
PACKAGE



Patrick Cudahy
Honey Ham

399

lb.

FRESH BAKED
Twin French
Bread... **119**

16-OZ. PKG.

Chocolate Chip
Cookies... **369**

24-CT. PKG.

ITALIAN BEEF, PASTRAMI,
CORNED BEEF OR
Swift
Roast Beef... **399**

lb.

99% FAT FREE
Jennie-O
Turkey Breast... **299**

lb.

FARM FRESH
Whole
Catfish... **269**

lb.

ALASKAN
Whitefish
Fillets... **159**

lb.

Breaded
Clam Strips... **299**

lb.

Wisconsin Mild
Cheddar Bars... **299**

lb.

More Great Values In-Store!

Shop 'n Save Photo Processing

Your Choice of Single Prints Plus
FREE FILM or DOUBLE PRINTS



379

EVERYDAY
24-exp.
3 1/2 inch prints

Shop 'n Save Family Video Center

EVERYDAY LOW RENTAL PRICES!

ALL NEW RELEASE

ALL OTHER TITLES

99¢

EACH

49¢

EACH

ALL VIDEO GAMES 99¢
AT STORES WITH VIDEO CENTER ONLY



03062C

For Less!

SUPER FROZEN FOOD SAVINGS!

MARCH IS
FROZEN FOOD
MONTH



ASSORTED VARIETIES
**Red Baron
Pizza**

2/\$6
21.8-24.2
OZ. PKG.



SELECTED VARIETIES
**Freshlike Frozen
Vegetables**

99¢
16-OZ. BAG



ASSORTED VARIETIES
**Swanson Great
Starts Breakfast**

4/\$5
4.4-6.5
OZ. PKG.



HOMESTYLE OR REGULAR
**Tropicana
Orange Juice**

1 09
12-OZ. CAN

3-4 OZ. PKG.
ASSORTED VARIETIES
**Swanson
Breakfast Burritos**

4/\$3

SELECTED VARIETIES
**Stouffer's Red
Box Entrees...**

3/4.95
9-15 OZ. PKG.

ASSORTED VARIETIES
**Sara Lee Round
Danish.....**

2/\$5
VARIOUS SIZES

ASSORTED VARIETIES
**Sara Lee
Pound Cake**

2/\$4
10.7-11.75
OZ. PKG.



ASSORTED VARIETIES
**Old El Paso
Burritos...**

3/\$1
3.5-5 OZ. PKG.

ASSORTED VARIETIES
**Totino's
Party Pizza...**

4/\$5
8.8-10.0
OZ. PKG.

ASSORTED VARIETIES
**Totino's
Pizza Rolls**

4/\$5
7-7.5 OZ. PKG.

PEPPERCORN OR CHEDDAR
**Freshlike
Pasta Combo**

2/\$3
18-OZ. BAG



COMPARE THESE
Everyday Low Prices!

DAY IN AND DAY OUT SHOP 'N SAVE HAS THE
LOWEST EVERYDAY PRICES IN TOWN! LOOK
FOR THE YELLOW TAGS IN-STORE



**Kellogg's
Corn Flakes**

1 99
12-OZ. BOX



**Sunshine
Cheese-Its**

1 99
16-OZ. BOX



**Kraft Macaroni
& Cheese**

69¢
7.25 OZ.
BOX



**Musselman
Applesauce**

53¢
15.5-OZ.
CAN

CHICKEN NOODLE-O'S
**Campbell's
Soup.....**

79¢
10.25
OZ. CAN

VEG. BEEF
**Campbell's
Soup.....**

79¢
10.52
OZ. CAN

ASSORTED VARIETIES
**Franco American
Gravy....**

2/\$1
10.25-10.5 OZ. CAN

**Lysol Spray
Disinfectant.....**

2 99
12-OZ. CAN

ASSORTED VARIETIES
**Maul's BBQ
Sauce.....**

2 27
24-OZ. BTL.

**Shop 'n Save
Flour.....**

79¢
5-LB.
BAG

REGULAR
**Hawaiian Punch
Fruit Juice.....**

1 39
64-OZ. CAN

**Post Cocoa
Pebbles.....**

3 29
13-OZ. BOX

ASSORTED VARIETIES
**Smack Ramen
Noodles.....**

8/\$1
3-OZ.

WITH BLEACH
**Surf
Detergent.....**

4 97
103-OZ. PKG.

**A-1
Steak Sauce.....**

3 19
10-OZ. BTL.

**General Mills
Wheaties.....**

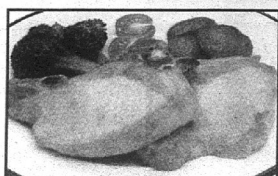
2 29
12-OZ. BOX
03063A

TOTAL VALUE

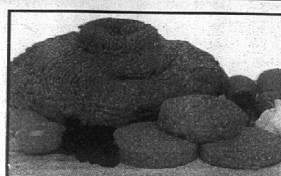


RIB OR LOIN END
Pork Loin Roast

149
lb. **LIMIT 3**



FAMILY PACK
**Center Cut
Rib Pork Chops**
239
lb.



FRESH FAMILY PACK
4-LBS. OR MORE
Ground Chuck
159
lb.



**Jimmy Dean
Pork Sausage**
219
1-LB. ROLL



ALL VARIETIES EXCEPT BEEF
Seitz Bologna
139
1-LB. PKG.

Mayrose
Sliced Bacon.... **159**
1-LB. PKG.
CRISPY, CRUNCHY
Mrs. Paul's Fish
Sticks or Fillets **359**
18.7-19.1
OZ. PKG.
TENDERBIRD, FROZEN
Boneless, Skinless
Chicken Breast..... **799**
3 POUND
BAG

PICKLE LOAF OR
Seitz Cooked
Salami..... **149**
1-LB. PKG.
REGULAR OR LITE
Hygrade
Ballpark Franks.... **2/\$3**
1-LB. PKG.
Hillshire Farm
Smoked Sausage **199**
lb.

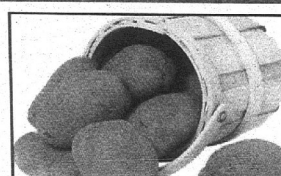
CHUNK
Kahns
Braunschweiger.... **149**
1-LB. PKG.
MAPLE FLAVOR
Surrey Farm
Bacon..... **159**
1-LB. PKG.
LITTLE SIZZLERS
Hormel Pork
Sausage Links... **99¢**
12-OZ. PKG.

REGULAR OR LIGHT
Oscar Mayer
Bologna..... **159**
1-LB. PKG.
ALL VARIETIES
Oscar Mayer
Lunchables..... **109**
4.5-OZ. PKG.
REGULAR OR CHEESE
Louis Rich
Turkey Franks.. **99¢**
1-LB. PKG.

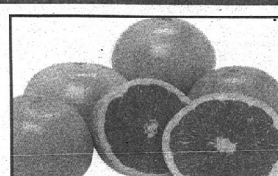
Pick of the Crop Garden Fresh Produce!



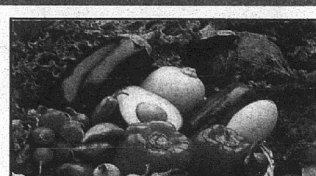
SWEET
**Red or Gold
Bell Peppers**
2/.88
"LUNCH FOR ONE"
Dole
Salad Blends..... **98¢**
5.73-7
OZ. BAG
FRESH
California
Broccoli..... **78¢**
BUNCH
California
Lemons..... **3/.98**



U.S. NO 1
**Idaho Russet
Potatoes**
198
10 POUND
BAG
MICHIGAN
Red Delicious
Apples..... **228**
5-LB. BAG
VINE RIPE
Cherry
Tomatoes..... **148**
PINT
**The Finest Quality
& Selection!**



FLORIDA
**Red
Grapefruit**
178
5 POUND
BAG
RED OR GREEN
Leaf Lettuce..... **98¢**
lb.
Mann's
Broccoli Wokly... **198**
1-LB. PKG.
REGENCY
Strawberry
Glaze..... **98¢**
16-OZ. PKG.



**Try These
Exotic Varieties!**
NOT AVAILABLE AT ALL STORES
FRESH
Chard..... **148**
lb.
FRESH
Snow Peas..... **298**
lb.
FRESH
Raddichio..... **138**
lb.
MELISSA'S
Tabbouleh..... **298**
8-OZ. PKG.
MELISSA'S
Pinenuts..... **248**
3-OZ. PKG.
MELISSA'S
Couscous..... **298**
8-OZ. PKG.



Shop 'n Save
The more you shop the more you save. SM

S M T W T F S
6 7 8 9
03064A

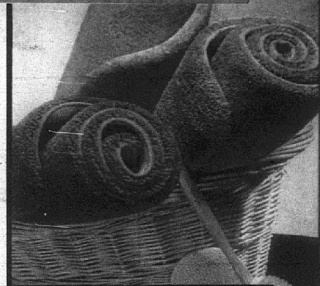
* PRICES GUARANTEED THRU MARCH 9, 1996 AT ALL ST. LOUIS METRO STORES ONLY • WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

Shop 'n Save
**DOUBLE YOUR
MONEY BACK
MEAT & PRODUCE
GUARANTEE
WITH PROOF OF PURCHASE**

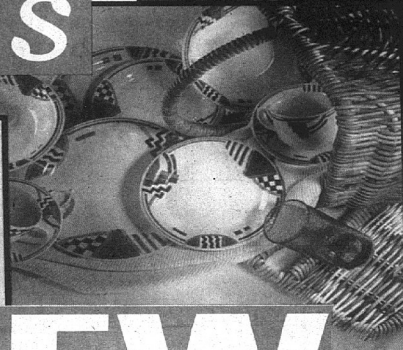
Look Inside For
Our Hot Price
Specials During
Our Grand
Re-Opening!



See



What's



CRUISE
AISLES

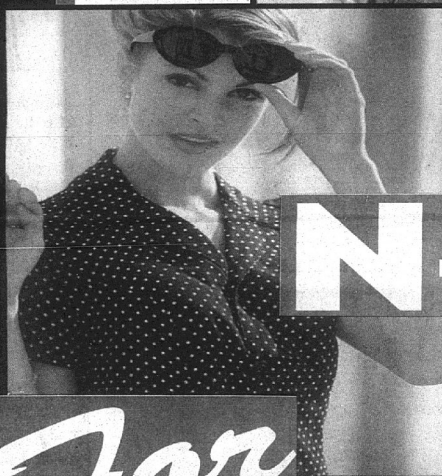


Win An
American
Hawaii
Cruise Or
A \$1,000
Shopping
Spree...
Instantly!

Play Venture's
"Cruise Our New
Aisles" Game
And You May
Win One Of:
• 5 American
Hawaii Cruises
for 2.
• 10 Venture
\$1,000 Shopping
Sprees!

Be one of the first 1,000
Venture Customers each
day between March 7th
and March 16th to
receive your scratch &
win game piece! See
store for full details.

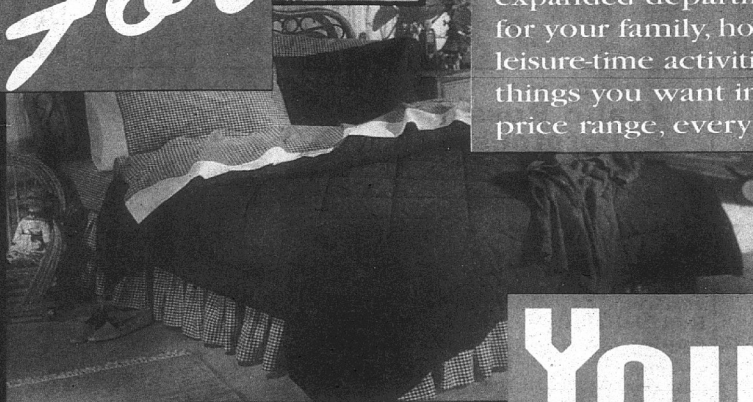
AMERICAN
HAWAII
CRUISES



NEW

For

Introducing the exciting
new Venture ... your
family value department
store! Discover new and
expanded departments
for your family, home &
leisure-time activities: the
things you want in every
price range, every day!



You!



Venture®

Venture® SALE STARTS THURSDAY, MARCH 7th!

7-DAY KICK-OFF! Sale Prices Effective March 7th-March 13th. Plus, See Page 6 For 4-Day Specials!

Venture SALE STARTS THURSDAY, MARCH 7th!

Bag Shop



See What's New For You In Fashion Accessories!

Take a look at our new Bag Shop. Accessory Shop, and Sock Shop... and we think you'll be pleasantly surprised. Quality leather and vinyl handbags make an appearance in fashion-forward silhouettes and styles from many popular designers. You'll also find an exciting new array of options to cover you head-to-toe: from upscale hair accessories, hats and sunglasses to belts and basic and novelty socks in every color of the rainbow. Come in and see for yourself!

Lingerie

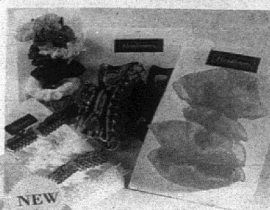


Join Our Bra And Panty Club And Save Even More!

Buy 6 bras or multipacks, get 1 FREE!
Buy 12 panties or multipacks, get 1 FREE!
Pick up your FREE membership card in store for full details.



The Accent Is On Value At Venture!



NEW
\$2.99-\$5.99 Headliners® hair accessories. Includes multipacks.



\$10.99 Family Optics driving sunglasses. Other drivers, sale 7.99; Other sunglasses & accessories, only 1.99-18.99.

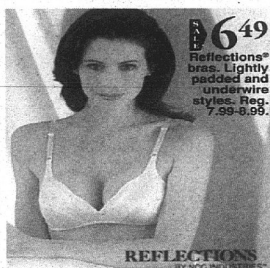


GENUINE LEATHER

ENTIRE STOCK
25% off

Leather handbags. Full grain leather silhouettes with fabric lining, adjustable shoulder straps and much more. Reg. 11.99-34.99, sale 8.99-26.24.

Intimate Daywear Under \$9.



\$6.49
Reflections® bras. Lightly padded and underwire styles. Reg. 7.99-9.99.

REFLECTIONS BY NDC INDUSTRIES



\$6.99
Fruit of the Loom® bras. Satin stripe or stretch satin lightly padded designs. Reg. 8.99.

FRUIT OF THE LOOM



\$5.99
Vassarette® bras. Lace trim demi underwire or Shimmerreen underwires. Reg. 7.99.

VASSARETTE



\$7.99
Fruit of the Loom® bras. Satin stripe, stretch lace and Deluster underwires or padded. Reg. 9.99-10.99.

FRUIT OF THE LOOM



\$6.99
Vassarette® bras. Embroidered lace and Deluster underwires and full figure bras. Reg. 9.99-9.99.

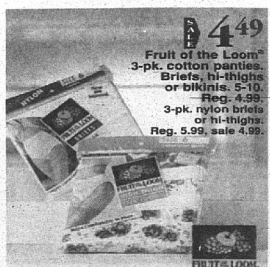
VASSARETTE



HOT PRICE \$7.97
After \$2 mail-in rebate, sale 9.97. Introducing Revlon® bras. Underwires, softcups and push-ups with embroidered lace trim. Reg. 11.99. No rebate limit.

NEW

REVLON



\$4.49
Fruit of the Loom® 3-pk. cotton panties. Briefs, hi-highs or bikinis. 5-10. Reg. 4.99. 3-pk. nylon briefs or hi-highs. Reg. 5.99, sale 4.99.

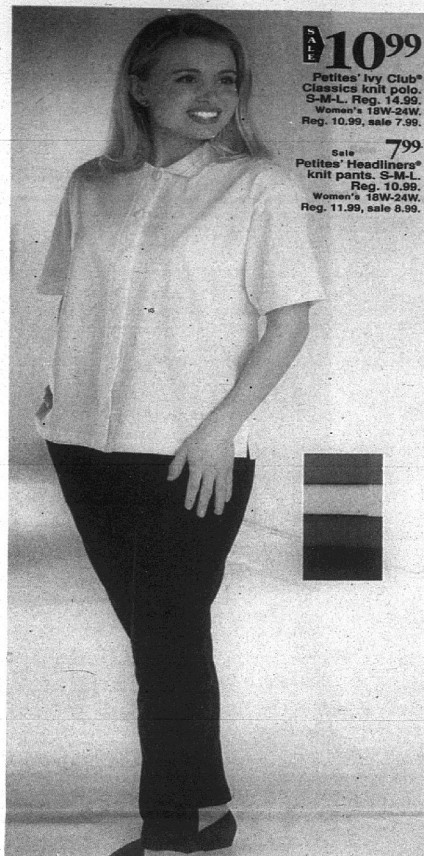
FRUIT OF THE LOOM



\$7.99
Vassarette® Her Secret® push-up underwire in white, black or mocha. Reg. 9.99. Embroidered lace underwire. Reg. 10.99, sale 8.99.

VASSARETTE

New For Petites' & Women's Sizes!



SALE **10⁹⁹**

Petites' Ivy Club® Classics knit polo. S-M-L. Reg. 14.99. Women's 18W-24W. Reg. 10.99, sale 7.99.

SALE **7⁹⁹**
Petites' Headliners® knit pants. S-M-L. Reg. 10.99. Women's 18W-24W. Reg. 11.99, sale 8.99.



SALE **14⁹⁹ to 19⁹⁹**

Petites' and misses' First Options linen and rayon separates. S-M-L. Reg. 19.99-24.99.



Our New Petites' Shop

is home to the petite who is 5'4" and under. Now at Venture, we're proud to introduce updated, value-priced fashions that fit you perfectly, without needing costly alterations. You'll find our extensive selection gathered together in one place for your convenience!



Petites'



Sizes Just For Women!

We're excited to introduce our new and expanded department. You'll find a better selection of casual and career clothes that fit and flatter your figure. It's one-stop shopping and it's here at Venture!



Women's

Register To Win A \$50 Shopping Spree In Our Petites' Shop Or Women's Sizes Department!

One shopping spree per department will be given away per store. Register in the Petites' or Women's department. See store for complete details.

Venture



SALE **11⁹⁹**

Women's Midwest Traders® denim shirt. Several styles and finishes. 100% cotton. 18W-24W. Reg. 15.99.



SALE **16⁹⁹**

Each Piece Women's First Option Too campshirt and scooter skirt. 100% rayon. 1X-3X. Reg. 22.99. Also available: print vests and pants. Reg. 26.99, sale 19.99 each.

SALE **14⁹⁹**

Women's Ivy Club® Classics twill pants. Four colors. 100% cotton. 18W-24W petite and average. Reg. 19.99.

Venture® SALE STARTS THURSDAY, MARCH 7th!

Venture. SALE STARTS THURSDAY, MARCH 7th!

Every Pair Of Kids' Jeans Is On Sale!

ENTIRE STOCK

25% off

Boys' 4-18 And Girls' 4-16 Jeans
Boys' jeans by Riders, Wrangler and Midwest Traders. Girls' jeans by Riders, Midwest Traders and Chic. Reg. 12.99-19.99, sale 9.74-14.99. Sizes and features vary by store.



ENTIRE STOCK

25% off

Boys' 4-18 Woven Shirts
A terrific selection of short-sleeve rayon, sheeting and plaid shirts. Reg. 9.99, sale 7.49. Sizes and features vary by store.

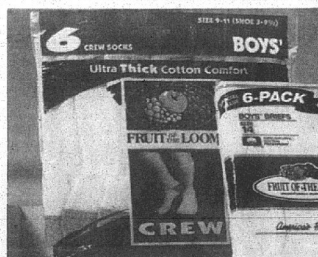


SAVE 20% OFF



\$7.99

Girls' 4-16 Midwest Traders™ sleeveless shirts. Pretty florals and gingham checks, as well as white, pink and denim. 100% cotton. Reg. 9.99.



Come See What's New For Kids!
From Basics To Their Easter Best.
You Can Pick Up Everything They Need
In One Quick Trip To Venture.

\$4.79 Socks
Boys' Fruit of the Loom 6-packs. Socks, sizes 7-11. Briefs, sizes 6-16.

\$5.79 Briefs
Girls' 6-packs. Print or solid color; white, bright or pastel socks. Reg. 4.99.

\$4.99 Panties or socks
Girls' 6-packs. Print or solid color; white, bright or pastel socks. Reg. 4.99.

\$3.99 or tod. 6-pk. socks, sale \$3



20% off All Licensed Teamwear In Our New Sport Shop!



20% off

Men's team tees and shorts. Choose from screened, embroidered, ringer or pocket style tees in 100% cotton and poly/cotton blends. M-XL. 100% cotton jersey shorts or college tassel shorts. S-XL. Reg. 9.99-19.99, sale 7.99-15.99.

20% off

Boys' team tees, shorts and jackets. Send him out to play in style. Choose tees, shooter shirts, jerseys, tanks, shorts and nylon jackets with his favorite college and pro teams. Tops in 100% cotton or cotton blends. Shorts in 100% cotton jersey, mesh or pique fabrics. S-XL. Reg. 6.99-39.99, sale 5.59-31.99.

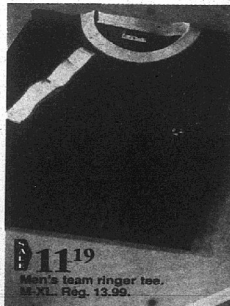


\$11.99

Boys' 4-7 team short sets with NBA, MLB and NHL screens. Mesh or layered styles in 100% cotton or poly/cotton. Reg. 14.99. Boys' 8-14 team short sets, sale 12.99.

20% off

Men's and boys' team hats, bags, backpacks and duffels. Reg. 3.99-19.99, sale 3.19-15.99.



\$11.99

Men's team ringer tee. M-XL. Reg. 13.99.



Sports



Introducing Our New Sport Shop

You'll find everything a sports fan is dreaming about at Venture's new Sport Shop.

Our Sport Shop stocks all of your favorite teamwear in lots of great styles.

Plus, you can expect the same brand name stars you've come to trust, like Spalding, Rawlings and Wilson.

Whatever your sport of choice, we've got the latest pro styles. We've got your greatest heroes. And most importantly, we've got prices that mean you can still afford to go to the game.

When it comes to sport value, nobody does it like our Sport Shop.

Nobody does it like Venture. Where fans come in to play.

Venture SALE STARTS THURSDAY, MARCH 7th!

Venture SALE STARTS THURSDAY, MARCH 7th!

See

What's

NEW

For

You!

See What's New At Venture. We've rethought, revitalized and re-energized your Venture. We asked what you wanted in a store, and we delivered.

Our New Venture Value™ Program. Look for this symbol throughout the store for outstanding quality at an exceptional price, day in and day out.

Our New 55+ Value Club™ An exclusive package for our friends 55 and older. For a small fee, you'll enjoy:

- a 10% discount on your purchases every day
- a complimentary coupon book packed with offers worth over \$650
- and much more!

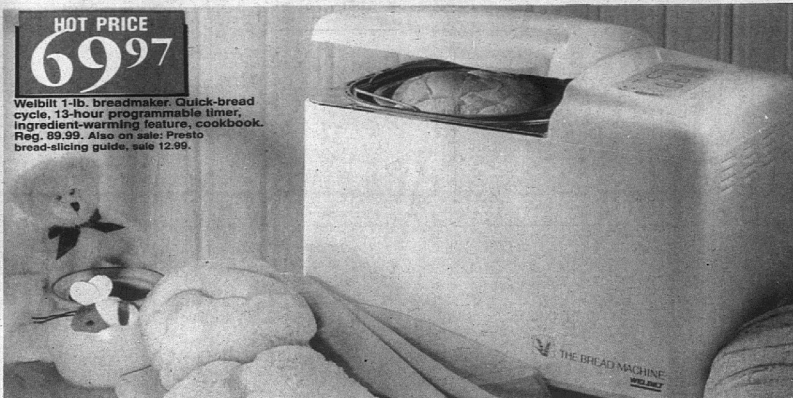
Stop by Customer Service today for more information, or pick up your application at any checkout lane.

55+ VALUE CLUB

Our Return Policy gives you 90 days to return or exchange most items when you bring in your receipt. For complete details, pick up your copy of our "Learn About Returns" brochure at any checkout lane.

4-Day Specials!

Hurry in for an entire page of extra values.



HOT PRICE
69⁹⁷

Welbilt 1-lb. breadmaker. Quick-bread cycle, 13-hour programmable timer, ingredient-warming feature, cookbook. Reg. \$9.99. Also on sale: Presto bread-slicing guide, sale 12.99.

Entire Stock Of Breadmakers And Microwaves On Sale!

Breadmakers, sale 69.97-119.97. Microwaves, sale 79.99-109.99.



HOT PRICE
99⁹⁷

Sharp .5 microwave. 10 variable power levels, six instant-action keys, turntable for even cooking, express defrost. Reg. 119.99. Model S45. Also on sale: Presto PowerPop popcorn popper, sale 16.99.

The Marketplace At Venture!

Your headquarters for household basics that fit your lifestyle & budget.



4 for \$7 Special purchase
Crest 8.2-oz. toothpaste with two Bonus 35-oz. travel size on pack. While quantities last. Sorry, no rain checks.



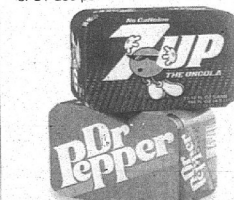
2 for \$10
Surf detergent. Reg. 100-oz. liquid, reg. 42-use powder or 31-use powder with bleach.



2⁹⁹ After 2.50 rebate, sale 5.49
Peppcid AC 18-count tablets. The heartburn reliever is now available without a prescription.



2 for \$6
Scott six-roll paper towels. Save a bunch when you buy a bundle!



2⁹⁹
7-Up or Dr. Pepper 12-pack. Choose from diet and regular. Two cool ways to quench your thirst.



2⁹⁹
Pringles. Choose from 10 delicious varieties, including Original and Right Crisps.



Shop early every day: Monday through Saturday 8 a.m. to 10 p.m.; Sunday 8 a.m. to 8:30 p.m.
Call Toll-Free
1 (800) 31-4LESS
For Your Nearest
Venture Location



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7-day event: Thursday, March 7th-Wednesday, March 13th, 1996, except back page at 4-day Specials which is valid: Thursday, March 7th-Sunday, March 10th, 1996. All items in this circular are on sale, except items marked "Only" which are regular priced & "Venture Value" or "Low Price" (which are priced low every day and not part of Venture sale events). If a Venture store regularly sells an item for less than the sale price shown, you will receive the lower price at that store. Regular prices may vary locally and are subject to interim price reductions, which may affect the total amount of your savings and the availability of certain savings claims in this circular. We reserve the right to limit quantities. This circular is recyclable.